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Strong beauty takes *a lot* of hard work, as you know! Go behind the scenes with our cover model Ana Delia, who does just that for *Hers*.

Ana Delia De Iturrondo's Cover Shoot!

Watch behind-the-scenes footage of our inspiring cover model, IFBB bikini athlete/fitness model **Ana Delia De Iturrondo.** See how she gets camera-ready, her training tips, and how fitness helped her through some very tough times. ***muscleandfitness.com/videos***

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ICYMI: Hers Olympia Coverage

In case you missed this year's Olympia competition in Vegas this past September, check out our coverage of the contestants and winners, behind-the-scenes photos, as well as some of the workouts the competitors did to get stage-ready! ***muscleandfitness.com/hers-olympia***

PLANK YOUR WAY TO FLAT ABS BY 2016

Follow our 30-Day Plank Challenge and share your photos and updates with the *Hers* social community! Check out the feature on page 78 and use the hashtag **#hers30dayplank** on Instagram and Twitter to let us know you tried the plank challenge for that day. We'll share some of our favorite photos on ***muscleandfitness.com/hers*** in January!

INSTAGRAM'S HOTTEST MALE TRAINERS

We all do it: follow undeniably hot fitness trainers to "be inspired" daily. And it works! So get your sweat on and don't miss the *Hers* online roundup of Instagram's hottest male trainers. ***muscleandfitness.com/hottesttrainers***



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From the Chairman

• **THE HOLIDAYS ARE THE PERFECT TIME** to celebrate with friends and families. But while you're enjoying the company of others, take a few moments to celebrate your own achievements this year. You don't have to have won a competition or taken home a trophy to be considered a success: Whether it's setting your alarm early enough to get your workout in or making an effort to eat a cleaner diet, every time you work hard to live healthy, you are rewarding yourself and those who love you.



Cover model Ana Delia De Iturrondo uses unconventional moves for a tighter, more sculpted lower body.

At *Muscle & Fitness Hers,* we know the dedication it takes to maintain an active lifestyle, and we'd like to congratulate you for your commitments. We'll do our best to help keep you feeling your best, through great workouts like cover girl Ana Delia De Iturrondo's glute routine (p. 10), smart training strategies like supersets and Tabata drills (p. 46), can't-miss advice for healthier, happier holidays (p. 52), smart and delicious holiday recipes (p. 66), and much more. Let us know what you're thankful for this year: Tweet us ***@MandFHers,*** post on our Facebook page, tag us on Instagram ***@MuscleandFitnessHers,*** or on Pinterest ***@MandFHers.*** As always, your feedback and trust are essential to our success.



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YOUR SECRET TO GREAT

Lift and shape your booty with do-anywhere moves that work your body's most powerful muscle group from multiple angles

BY **ALYSSA SHAFFER** | PHOTOGRAPHS BY **PER BERNAL**



WHAT'S THE KEY TO GETTING A CURVED, firm, and totally tight backside? A full-scale attack on the muscles. "Your glutes respond best when they are targeted from different angles and movement patterns," says *Hers* technical adviser Gino Caccavale. This multiangled approach goes far beyond traditional squats to target your abductors (outer hips) as well as your glutes, so you're lifting and toning all the lower posterior muscles for a rounded, more symmetrical look. Cover model and IFBB bikini pro Ana Delia De Iturrondo shows us how she helps keep her enviable lower half in top shape!

GLUTES



WIDE UP AND BACK BOUNDING

WORKS: GLUTES, THIGHS; BUILDS EXPLOSIVE STRENGTH

› Stand in an open area, feet hip-distance apart. Squat down, bringing fists in front of chin and keeping weight over heels.

› Explosively make two bounds forward, keeping head forward. Land in squat position.

› Explosively perform two back bounds, keeping head forward and landing in squat position. Hold a medicine ball at chin for added resistance. Perform three sets of 10 rounds. (Up and back equals one round.)



PRONE FROG GLUTE PRESS

WORKS: GLUTES, THIGHS

› Lie facedown on top of a flat bench with your hips at one end of bench. Hold edges with both hands, keeping spine neutral. Bend knees 90 degrees, keeping knees directly below hips **(A).**

› Keeping upper body still, extend legs, touching feet together above body **(B).** Hold one count, squeezing glutes, then lower down to start and repeat. Do two sets of 12 to 15 reps.



Stability balls help improve core strength, flexibility, and muscular endurance.

LEANING HIP ABDUCTION

WORKS: CORE, GLUTES, OUTER THIGHS

› Kneel on floor a few inches to the left of a stability ball. Place right elbow and forearm on center of ball and left hand on hip. Extend left leg diagonally to side, forming a straight line from shoulder to heel **(A).**

› Keeping upper body still, lift left leg to hip height **(B).** Hold one count, then lower leg without touching floor. Repeat. Do two sets of 12 to 15 reps per side.





PLIÉ SQUAT WITH TOE LIFT

WORKS: CORE, GLUTES, THIGHS

› Stand with legs slightly wider than shoulder-distance apart, holding weight in front of chest, elbows close to your body.

› Drop into a deep squat, keeping weight in front of chest and pointing elbows to inside of knees **(A).**

› Stand up powerfully, lifting toes as you extend legs and keeping knees soft **(B).** Lower back to squat and repeat. Do two sets of 12 to 15 reps.

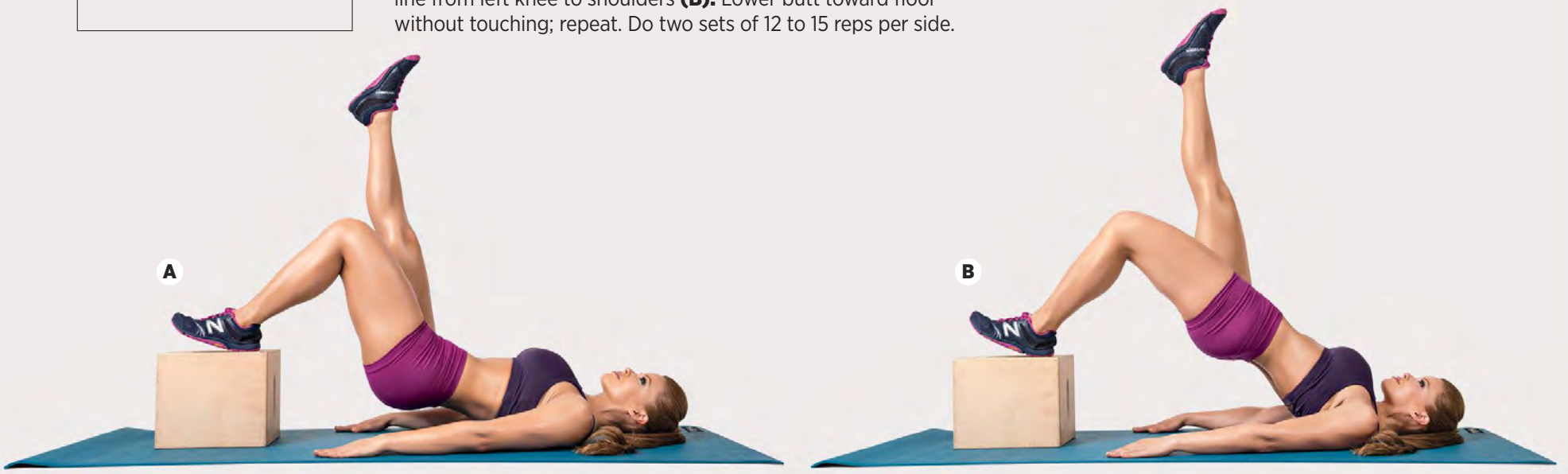
HAIR & MAKEUP BY KITTY JANETTE NIELSEN

ELEVATED SINGLE-LEG GLUTE LIFT

WORKS: GLUTES, HAMSTRINGS

› Lie faceup on floor with heels on a small step or stability ball, arms at sides with palms down. Extend right leg directly above hip. Lift hips slightly off floor **(A).**

› Squeezing glutes, lift hips until your body forms a straight line from left knee to shoulders **(B).** Lower butt toward floor without touching; repeat. Do two sets of 12 to 15 reps per side.



SEATED V-OUTS

WORKS: ARMS, SHOULDERS, ABS, GLUTES, THIGHS

› Sit on floor with legs extended, holding weight close to chest with elbows next to body. Lean back slightly and lift legs off floor **(A).**

› Lift weight above head while bringing legs out to sides in a wide V, keeping feet lifted off floor **(B).** Lower weight while bringing legs together without touching down; pause one count and repeat. Do two sets of 12 to 15 reps.



Keep core tight, back straight, and chest up as you V out and in.

TOP BY ONZIE; BOTTOMS BY HARD TAIL FOREVER; SNEAKERS BY NEW BALANCE

Breathe out as you step up, and make sure to descend under control with soft knees.



STEP UP AND LIFT

WORKS: CORE, GLUTES, QUADS

› Stand to one side of a flat bench or box. Place right foot on the bench or box, knee bent 90 degrees; hold dumbbells at sides **(A).**

› Step up onto bench, pushing through right leg until it's extended; at the same time, lower dumbbells to mid-shin while lifting left leg to hip height and parallel to floor **(B).** Lower left foot back to floor while keeping right foot on bench. Do two sets of 15 reps per side.



Squeeze glutes at top of leg pulse movement for extra booty burn.



LEG DROP AND LIFT

WORKS: SHOULDERS, CHEST, GLUTES, HAMSTRINGS, OUTER THIGHS

› Begin in a pushup position with right foot on box and left leg extended parallel to floor with foot flexed **(A).**

› Drop left leg to side about two inches from floor **(B).**

› Lift your left leg and flex your glutes until heel, hip, and shoulders are aligned **(C).** Immediately drop left toe back to floor and repeat lift. Do three sets of 20 reps per side.



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OUR COVER MODEL

ANA DELIA DE ITURRONDO

Fitness has saved De Iturrondo on more than one occasion. As a young child, her parents encouraged her to take part in activities like swimming, gymnastics, and ballet as a way to overcome her shyness. As a teen on Puerto Rico's national inline skating team, she had a chance to train, travel, and escape a stressful home life, where both of her parents had been diagnosed with bipolar disorder.

In her 20s, De Iturrondo moved to Miami to pursue a career as a model. But after only two weeks, she received a call that her younger brother had been critically injured in a motorcycle accident. She rushed back to Puerto Rico to spend time with family, but her brother passed away a week later. She'd already faced the deaths of her father from cancer, her brother-in-law from a car accident, and a cousin. "When my brother died, everything hit me hard. I disappeared into a black hole, and I simply couldn't function."

Once again, fitness came to her rescue. "I remember crying in bed one day when a fitness commercial came on. I pointed to the TV and thought, 'I remember how working out used to make me feel,'" says De Iturrondo. "I wanted to get some of that confidence back and stop feeling sorry for myself."

De Iturrondo started going to the gym on a regular basis with her husband, photographer Daniel Figueroa Guilliani. Her changes quickly became noticeable both inside and out. Her husband encouraged her to sign up for an NPC bikini competition, in which she placed second in her division. "I got hooked!"

Training and performing onstage was a way of making her childhood dreams come true. "I always used to imagine I'd be a ballerina or an Olympic athlete," she says.

Like many bikini athletes, De Iturrondo has developed a strong social media following, with more than 408,000 on Instagram and a growing number of Snapchat users who tune in to see her frequent videos. "I'm so inspired by the feedback I get every day," she says.

Although she's battling a few injuries, De Iturrondo keeps up her gym routine. "I always keep my downtime to a minimum between sets," she says.

While her workouts are full-body, she pays special attention to her famous backside. "I have a Latina booty!" she says, laughing. "I have to work to keep it under control, so I target it every other day. "

Out of the gym, you'll often find De Iturrondo hiking, rappelling, rock climbing, and otherwise enjoying an outdoor active lifestyle. She also dreams of opening a training facility of her own, one that encourages all levels of exercisers. "I don't want just another hardcore gym—I want to create a place where people can go to feel better about themselves," she says. "I've seen how emotional issues can affect people, and how fitness can help them feel better."



HOW SHE DOES IT

Typical workout:
Circuits at the gym, five to six days a week, plus five to six days of cardio. "I try to do higher weights and lower reps one day, and lower reps with higher weights the next to keep my muscles guessing. Sometimes I'll do fasted cardio first thing."

Favorite machine:
The Smith machine. "You can work every body part and do so many different exercises in a short amount of time."

Typical diet:
"I usually stick to the boring stuff—things I know that work, like chicken breast, sweet potatoes, and broccoli."

Cheat meal:
"I love the Puerto Rican dish mofongo [fried plantains with garlic and olive oil]."

Quote that inspires:
"I have two that I use the most: 'Never quit' and 'One life, one chance.' Both of them come from everything I've seen and believe."

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■ **Vigorous exercise may improve mental health by helping the brain cope better with stress. According to the Anxiety and Depression Association of America, those who got regular vigorous exercise were 25% less likely to develop depression or an anxiety disorder.**

TIM PANNELL/CORBIS

Pulse

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AND MORE

YOU CAN DO THIS!

Your best is yet to come. If you stay positive when the season gets busier than ever, you'll be able to take on a packed schedule, holiday parties, and HIIT gym sessions without breaking a sweat. In this section, we've got 15-minute workouts, health breakthroughs, and smarter sweet treats to keep you going. Plus, we've rounded up the hottest gifts for the fit women and men in your lives—enough fashion, tech, travel, beauty, and, of course, fitness gear to make everyone on your list wonder how you do it all so well. Happy holidays!

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WAIST WHITTLERS

Start seeing those abs! What's the most effective way to carve your midsection? Two fitness pros weigh in on their favorite methods.



JONI LYN ORTIZ

IFBB BIKINI PRO AND OPTIMUM NUTRITION ATHLETE

HER FAVORITE WAIST WHITTLERS:

Side Plank superset with Cable Crunch: This workout targets the obliques, working both sides at the same time, which helps warm up core muscles and prepare the body for the rest of the workout. Cable crunches are best done slowly. "Focus on holding the crunch and then fully extending for a nice stretch, then repeat," says Ortiz.

Stability Ball Plank and Reverse Crunch: Both of these movements work against gravity as you pull in the abs, aiding in a flatter, tighter midsection.

Hanging Leg Raise: This move focuses on the lower abs.

Weighted Decline Situp: Target your upper abs with this movement.

WHY THEY WORK: "Rather than just focusing on one section of the abs, this series targets the entire abdominal section, hitting your core, obliques, and lower and upper abs. Even if someone isn't looking for a ripped midsection, strengthening the core helps with balance, posture, and a stronger back," says Ortiz.



SARAH E. EVANS

BPI SPORTS BOMBSHELL

HER FAVORITE WAIST WHITTLERS:

Sprint Intervals on the Treadmill: After you warm up with some stretches and light jogging, sprint for 30 seconds on a speed of up to 9 mph and 4% incline. Rest 30 seconds. Keep movement to a minimum during the recovery so your heart rate fully drops (such as standing on the side rails of the treadmill). Repeat for 12 to 20 minutes.

Jumping Jacks or Jumping Rope: Do 30 seconds on, 30 seconds off. (Evans alternates between jumping jacks and jumping rope.) Continue for a total of 15 minutes.

Track Sprints: After warming up, sprint the straightaways and walk the curves. Continue for 20 to 30 minutes.

WHY THEY WORK: "Whittling away your waist means losing belly fat, and that's best done by kicking your body into fat-burning overdrive. Sprints and other high-intensity intervals help ensure your body will continue to burn through fat stores long after your cardio is done. When trying to tighten up my waist I incorporate HIIT cardio into my workouts usually three to four days a week," says Evans.

MILOS MARKOVIC/GETTY IMAGES; GABRIEL GUZMAN; PAUL BUCETA

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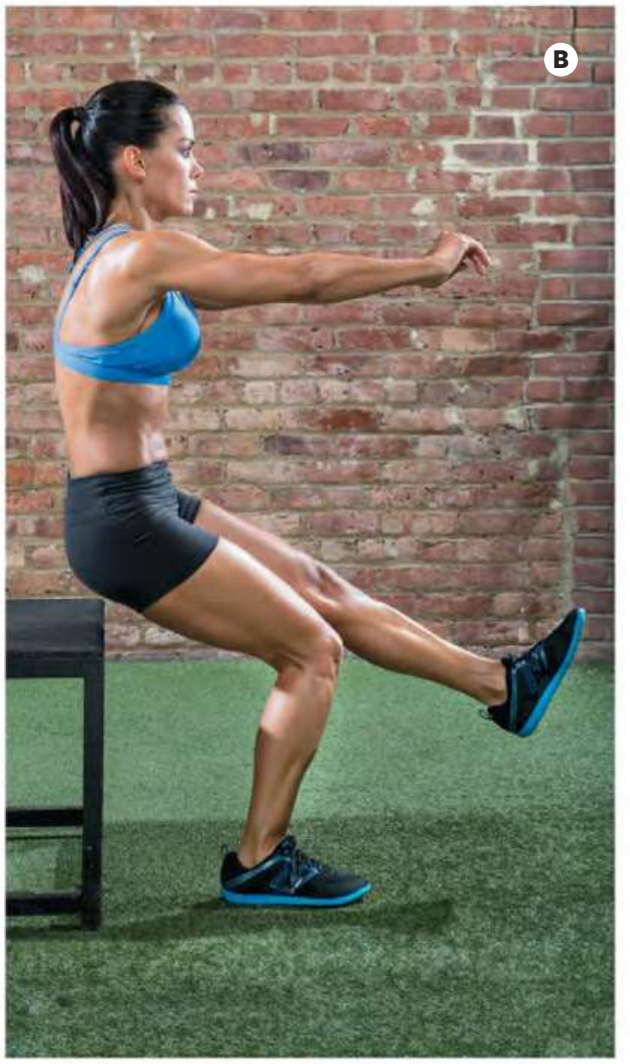
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NOTE: For a bigger challenge, hold dumbbells with palms in at shoulder height.

THE BEST MOVE YOU'RE NOT DOING:

Single-leg Squats

Less is definitely more with this balance- and strength-boosting move

• **MAKING A SQUAT** more challenging isn't always about adding more weight. In the case of the single-leg squat, taking away part of your base of support by standing on one leg means not only are your glutes immediately working harder, but you'll also be improving both coordination and balance. Bonus: By working each side of your body individually, you'll help build symmetry between the muscles and better target your weak spots.

HOW IT'S DONE:

A. Stand about six inches in front of a box or chair. Lift left leg a few inches off the floor; extend arms in front of you at shoulder height.

B. Squat down by pushing your hips back toward the box or chair. Keep your chest lifted and your body weight over your heels. Pause one count, then stand back without lowering your front leg. Repeat for 12–15 reps; switch sides.

30.4%

Highest error rate of activity monitors when evaluating calories burned during sedentary, resistance, and aerobic activities, according to a study published in the journal *Medicine & Science in Sports & Exercise.* **Bottom line:** If using an activity monitor helps keep you motivated, by all means keep it on, but don't plan your day's allotted calories based on the final readout.

4 WAYS TO BUMP UP YOUR INTENSITY

Looking to take your workout to the next level? Try incorporating these strength-building strategies into your training, says *Hers* technical adviser Gino Caccavale.

- **Add a dropset:** On the last set of each exercise, reach muscle failure, then reduce the weight by 20–30% and continue repetitions until you reach failure again.
- **Use the rest-pause technique:** During the eccentric (flexed or down part) of each rep, hold position for two or three slow counts before exploding into the next part of the move.
- **Try supersets:** Pick any two exercises for the same muscle group and perform them back to back (i.e., Romanian deadlifts and hamstring curls, or triceps extensions and dips).
- **Perform "active rest":** Instead of sitting around between sets, stretch the muscle group you're working, hop on a bike for a fast minute, walk around the floor, or do one-minute planks.



EDGAR ARTIGA; ARTIGA PHOTO/CORBIS

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—Teri Crenshaw, ISSA SFN
TeriFitOnline.com



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■ **Check out pro hockey players Laden, McLaughlin, and Skeats in action on *nwhl.com,* which will livestream games this fall.**

Breaking the Ice

Sports history is being made this fall with the debut of the first all-women's paid pro hockey league. And it takes more than just good skating and shooting to make the cut—hockey players need to build speed, strength, and stamina along with plenty of mental toughness. Here's what you can learn from some of the world's best female players, forward **Devon Skeats** of the Buffalo Beauts, goalie **Brianne McLaughlin** of the Beauts, and goalie **Chelsea Laden** of the Connecticut Whale.

STRENGTH BUILDS SUCCESS

› "There's no checking in women's hockey, but it's still a very physical game. The stronger and fitter you are, the faster you can get to the puck—and the less likely you are to get injured."

—DEVON SKEATS

WORK YOUR MENTAL GAME

› "A lot of my mental clarity comes from my breath. By controlling my breath on and off the ice I am much more controlled both physically and mentally."

—CHELSEA LADEN

PAY ATTENTION TO RECOVERY

› "At least one strength and conditioning day each week I focus on mobility, stretching, and lots of foam rolling."

—BRIANNE MCLAUGHLIN

KNOW WHAT WORKS FOR YOU

› "Over time you learn what your body needs for fuel and what to avoid. I can't have coffee before a game because my heart rate gets too high. I used to think it would energize me but have come to realize it hypes me up too much."

—LADEN

LEARN TO MULTITASK

› "My favorite drill is band-resistant pushes on a slide board: I catch tennis balls as I push across the board with a band tied around my waist—and I call out the numbers on the balls as they come in!"

—MCLAUGHLIN

ROUND OUT YOUR ROUTINE

› "I do a lot of CrossFit. The high intensity of each workout enables me to train not only for strength but also for my cardio. Every day there's a new workout, and each one pushes me out of my comfort zone."

—SKEATS

LAUGH AT YOURSELF

› "Things don't always go smoothly—I've learned to bounce back faster after getting scored on. Having a sense of humor helps me accomplish this."

—MCLAUGHLIN

CORE STRENGTH IS KEY

› "Goalies move their bodies in just about every position possible. Being able to perform crazy saves without getting injured involves a lot of core stability."

—LADEN

GO NATURAL

› "I don't eat processed foods. My motto: If it had a mother or came from the ground or a tree, it's good to eat."

—SKEATS

ROB RASMUSSEN; TOM DAHLIN/GETTY IMAGES; ADAM GAGNON

PRO TIPS

5 ESSENTIAL FITNESS TRAVEL STRATEGIES

BY **DANY GARCIA**

Traveling and fitness can sometimes seem at odds with each other—but they don't have to be. Here are some of my best fitness travel strategies that help keep my health and physique on track while on the road.

JAMES PATRICK



DANY GARCIA RUNS BLOCKBUSTER CO. SEVEN BUCKS PRODUCTIONS AND IS A WEIDER ATHLETE AND PRO WOMEN'S PHYSIQUE BODYBUILDER.

TIP 1

Treat yourself like "the Talent" when you travel. Make arrangements that are as physically unstressful as possible, like flight times that are most accommodating to your normal schedule, car drop-off and pickups, and hotels with adequate gym facilities that can provide a microwave and additional mini fridge if needed for food storage.

TIP 2

Wake up in the city you need to work in. Arriving the night before lets you sleep better as well as eliminates the stress of unforeseen travel delays. Additionally, it can ensure that no valuable morning cardio or workout sessions are missed.

TIP 3

Research local gyms before you go. Many of my hotel choices have been dictated by their proximity to the nearest gym.

TIP 4

Have a dining-out plan of attack. I often travel with my meals, but when I do eat out, I have two simple techniques that help me make the right food decisions: I immediately order and drink either a regular or decaf coffee or tea. Then I order a green salad appetizer. After that I can more easily make good food choices and control portions.

TIP 5

Consider utilizing food delivery services. They're convenient, healthy, and, on many occasions, more cost-effective than eating out. A quick Google search will yield numerous options that can be cross-checked with your destination.



Ask the Experts



Don't let an injury keep you from moving: Gentle exercise can help speed recovery.

ARTIGA PHOTO/CORBIS

Q How long does it take to start losing muscle tone if you've stopped exercising due to injury?

"Injury often puts a muscle to rest—and rest is bad for muscles," says William Roberts, M.D., a sports medicine physician with UMN Phalen Village Clinic in St. Paul, MN.

Studies show that a person at bed rest can lose about 20% of her muscle strength and muscle mass in just one week. "The clinical example we often use is an athlete who is placed in a knee immobilizer on Friday night for an injury and then rechecked on Monday. The circumference of the quad above the knee will have shrunk considerably," says Roberts. Bottom line: If you can move your muscles without pain, do at least a few minutes of gentle exercise each day.

Q I've been told to reduce calories on my rest days, but how much should I cut?

"To achieve a lean physique, you should generally operate at a 500-calorie deficit," says Gino Caccavale, *Hers* technical adviser. If you typically eat 2,500 calories, you should burn 3,000 over the day. Most workouts burn about 400 to 600 calories, so 2,500 calories in, 3,000 out is a good formula for staying lean. But on rest days you're not getting that extra workout burn, so it's ideal to decrease the amount of calories you eat by that same amount, either by eliminating one of your six meals or by reducing carbohydrate intake.

This formula stays constant regardless of whether your goal is doing a competition, prepping for a half-marathon, or just trying to lose weight, adds Caccavale. If you eat breakfast at 6 a.m. daily and have your second meal at 9, sleep a little later and start your day with the later meal, then continue as scheduled. Rest days are important for helping your body repair and recuperate, so don't ignore them—just be smart about what you're eating that day.

Q Why do I always feel blue after I've competed?

It's not uncommon to feel a little down in the days immediately following a competition. After all, you've spent a lot of time and energy to achieve your goals. "That can leave a void once your night onstage has passed," notes Erin Stern, a two-time Ms. Figure Olympia champion. You might also feel down about returning to a healthy level of leanness. "The tan fades, and it's normal to gain a little body fat," says Stern.

The best way to overcome these feelings is to have another goal in mind, whether it's signing up for another competition or setting your sites on a different fitness event like an adventure race. Or it could be something you achieve outside the gym, whether it's personal or work related. "We're happiest when we're in the pursuit of anything worthy of our time and effort, so give yourself something else to look forward to," says Stern. That doesn't mean abandoning your workout routine altogether—regular exercise can go a long way toward helping keep the blues at bay.

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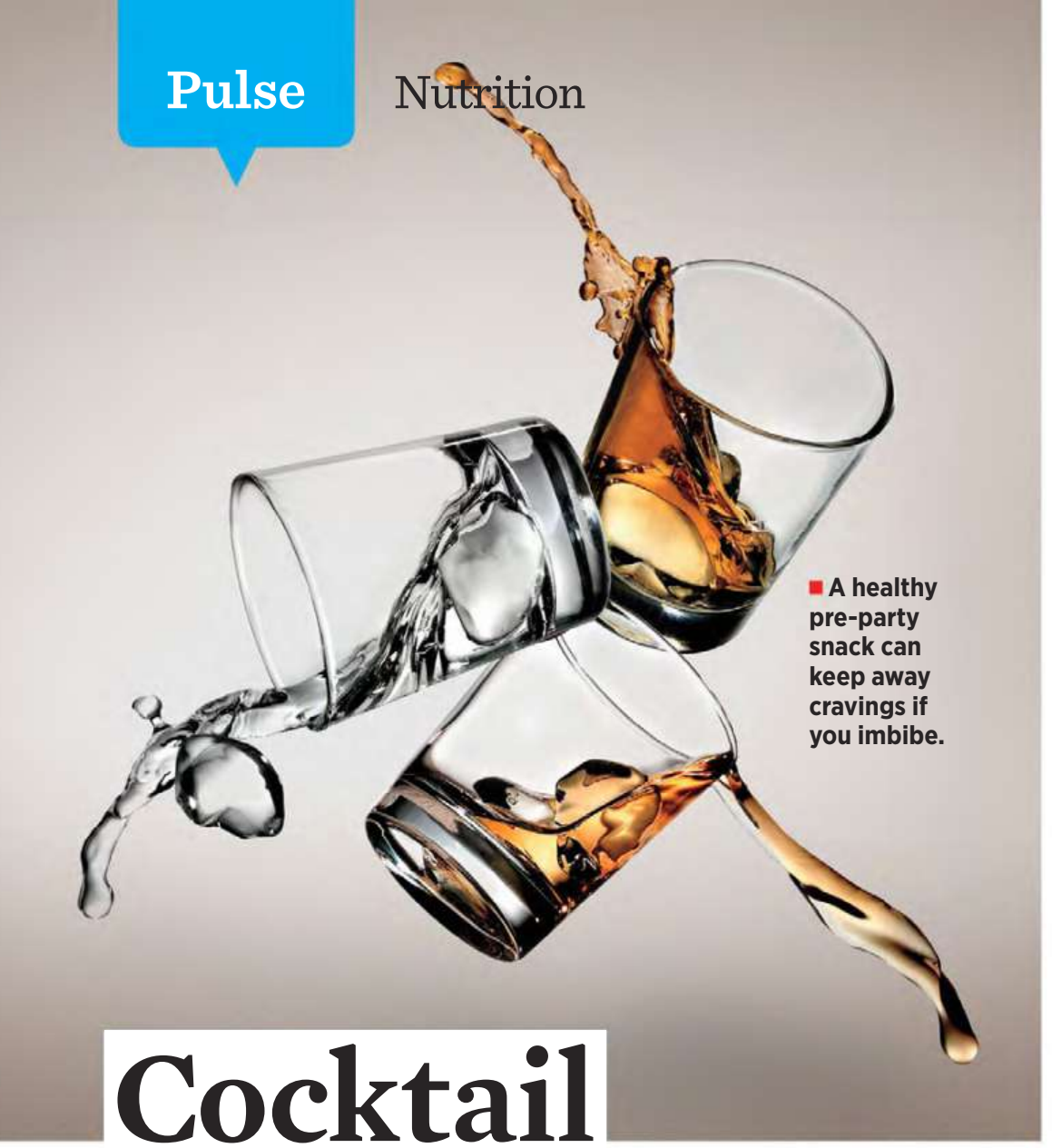
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A healthy pre-party snack can keep away cravings if you imbibe.

Cocktail Party Cautions

• **CHANCES ARE YOU'VE FELT** what it's like to have an increased appetite (and make poor food choices) after consuming alcohol. A new study in the journal *Obesity* theorizes that it's not just your gut that's causing this reaction—your brain plays a key part, as well. "Alcohol exposure can increase the brain's sensitivity to external food cues, like aromas, which can be associated with greater food consumption," says David A. Kareken, Ph.D., senior study editor and deputy director of the neuropsychology section of the Indiana Alcohol Research Center. The aroma of food generally serves as a conditioned stimulus, explains Kareken. "People learn to associate a food's aroma with the pleasurable sensations of the taste, which can heighten cravings." This sensation can kick in with just a few drinks, so imbibe with caution, especially when you're trying to keep calories in check.

CAN BREAD GIVE YOU THE BLUES?

Eating too many sugar cookies and white bread products this season could be the reason you're in a funk. A new study published in the *American Journal of Clinical Nutrition* of 70,000 postmenopausal women found those who consumed carbs with a high glycemic index rating (such as white bread, white rice, or sugary sodas) were more likely to suffer from fatigue, moodiness, and depression. "High levels of refined carbs and sugars in your diet can increase inflammation in the body, as well as decrease the number of essential nutrients you're taking in," says Drew Ramsey, M.D., an assistant clinical professor of psychiatry at Columbia University in New York and the author of *The Happiness Diet*. On the other hand, women who follow a diet rich in fiber, whole grains, vegetables, and fruits have a decreased risk of depression, according to the study. "The optimal diet for brain health is high in phytonutrients, iron, vitamin B12, and zinc," says Ramsey. On the list of the best foods for happiness: seafood (wild salmon, mussels, clams, anchovies, oysters); nuts and seeds; leafy greens; beans (especially red beans and lentils); and our personal favorite, high-quality dark chocolate.





A New Gluten-Free Grain

Move over, quinoa; shove aside, rice. There's another grain drawing fans who want to follow a gluten-free diet. Sorghum is an antioxidant-rich flour used to replace wheat in baked goods, but it can also be cooked like popcorn to make a healthy snack. The grain is high in iron, magnesium, phosphorus, zinc, and protein and is an excellent source of fiber (about 6.5 grams per ½ cup serving). "Sorghum is chewy, hearty, and filling," says Kim Larson, R.D.N., C.S.S.D., a spokesperson for the Academy of Nutrition and Dietetics. Use it in place of cooked rice; add to salads, soups or stews; or have as a breakfast cereal. Its nutty flavor makes it a great baking staple. Find it in the flour section of supermarkets or health-food stores.

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[1]Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015

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CHOCOLATE COCONUT ALMOND COOKIE

MAKES ABOUT 35 1 OZ, 2½-INCH COOKIES

INGREDIENTS

- 2 cups light-brown sugar
- 1¼ sticks butter
- 1½ tbsp baking soda
- ¼ tbsp salt
- 2 tbsp honey
- 2 eggs plus one yolk
- ½ tbsp vanilla
- 2½ cups whey protein
- ⅓ cup plus 3 tbsp Dutch cocoa powder
- ½ cup almond flour
- 2¼ cups oat flour
- ¾ cup oats
- 1¾ cups coconut, flaked
- ¾ cup plus 2 tbsp tiny semisweet chocolate chips

DIRECTIONS

1 Preheat oven to 350°F. Line baking pans with parchment paper or grease well.
2 Cream together sugar, butter, baking soda, salt, and honey and mix at medium speed until mixture is light and creamy. Add eggs and vanilla and beat at medium speed until well combined. Toss in remaining ingredients and mix just until combined. Do not overmix, as this will toughen the dough.
3 Scoop up dough on tablespoons and round off before placing on baking tray. Bake for 9–10 minutes and cool at room temperature. Store in airtight container for up to one week.

NUTRITION FACTS

Serving Size: 1 oz cookie, (28g)
Amount per Serving:
Calories: 191, Fat: 8g,
Saturated Fat: 4.5g,
Carbs: 20g, Fiber: 1.5g,
Protein: 13g

CUT CARBS

Gone are the days when white flour laced every dessert. That's good news for those watching their carb counts: Today's best baked goods use tasty, gluten-free flours like almond, quinoa, and chickpea, which are lower in net carbs.



EVAN SPILER/COURTESY OF THE PROTEIN BAKERY

MIX IT UP!

Guilt-Free Baking Mixes



Give in to your sweet tooth while staying healthy with ***ginnybakes Peace, Love & Crumble Muffin Bake Mix,*** which combines organic dried dates, apples, and coconut into a gluten-free muffin with a tasty crumble topper. *ginnybakes.com*



This ***Double Chocolate Mighty Muffin Mix*** is almost too convenient: Just add water, stir, microwave, and watch it rise. The chocolatey muffin delivers 20g of protein and also comes in Cinnamon Apple. *flapjacked.com*



Simple Mills Pumpkin Muffin Mix makes fluffy, fragrant treats that have up to 4g of protein, perfect for holiday festivities. They're also gluten-free, non-GMO, and Paleo-friendly; also in Banana and Chocolate. *simplemills.com*

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Sugar-Free Pumpkin Spice Smoothie

• FORGET OVERINDULGENT PIES OR FANCY SPICED LATTES. We've got the perfect way to satisfy your cravings for pumpkin while helping you eat clean. This seasonal smoothie from Jordan Younger, author of *Breaking Vegan* and the popular blog The Balanced Blonde, can be enjoyed as a postworkout recovery drink, an after-dinner dessert, or even a midday meal. For an extra bit of flavor you can also blend in some vanilla bean.

MAKES: 1 SERVING

INGREDIENTS

- ½ cup pumpkin puree
- 1 cup fresh spinach or kale
- 1 tbsp almond butter
- 1 cup almond milk
- ½ cup ice
- A few pinches of cinnamon
- 1 scoop of plant-based protein powder, optional (Younger recommends chocolate or vanilla Vega One.)

DIRECTIONS

Blend all the ingredients thoroughly in a blender and enjoy!

PER SERVING

Calories: 345, Fat: 18g, Saturated fat: 1.5g, Carbs: 24g, Fiber: 11g, Protein: 26g

BONE UP

Pumpkin contains high levels of vitamin K, which is essential for blood clotting. Your body also needs K to utilize calcium and build healthy bones. A cup of spinach contains 56% RDA of vitamin A and 181% vitamin K, plus 6% magnesium, which is crucial for keeping bones strong and for regulating cardiovascular health, among other factors.

BREAKING VEGAN BY JORDAN YOUNGER
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Eat Fat, Build Muscle

Getting enough fat in your diet is essential for staying sculpted. Here's how to maximize the macronutient. **BY LAUREL LEICHT** | PHOTOGRAPH BY **KEVIN VAN AELST**

• **WHEN MUSCLE GAINS ARE YOUR AIM,** you likely think about protein and carbs. But don't ignore the other key macronutrient. "Fats make up steroid hormones in the body, like estrogen and testosterone, and if a diet skimps on fat, hormone production can be disrupted," says Jennifer McDaniel, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. Interfere with testosterone in particular, and your body's ability to build muscle will be compromised.

Having a small amount of fat about one to two hours pre-exercise will help provide sustainable energy and even out your blood sugar. Though your recovery snack should focus on carbs to restore glycogen levels and protein to rebuild muscles, a tablespoon of coconut oil in a post-workout smoothie may help prevent muscle loss.

About 20–35% of your calories should come from fat. Reach primarily for monounsaturated and polyunsaturated fats (including omega-3s), says McDaniel, who recommends two to three servings of fish per week, while also getting other omegas from plant-based sources like walnuts and chia seeds.



SHOULD YOU STEER CLEAR OF STEAK?

You already know that trans fat is a diet no-no, but should you also avoid saturated fats? "The science around these fats is mixed, but most experts recommend you get no more than 10% of your total daily calories from them," says McDaniel. Well-established studies show that high levels of saturated fat may be linked to chronic diseases like diabetes, heart disease, and cancer. That said, small amounts of saturated fats from nutrient-rich options like eggs, grass-fed beef, and dairy can still play an important role in your diet, she adds.

6 BEST FATS TO TOP A SALAD



MATTEO TORRI/CORBIS; DORLING KINDERSLEY/GETTY IMAGES; IMAGE SOURCE/CORBIS; ASTOCK/CORBIS; RF/GETTY IMAGES (3)



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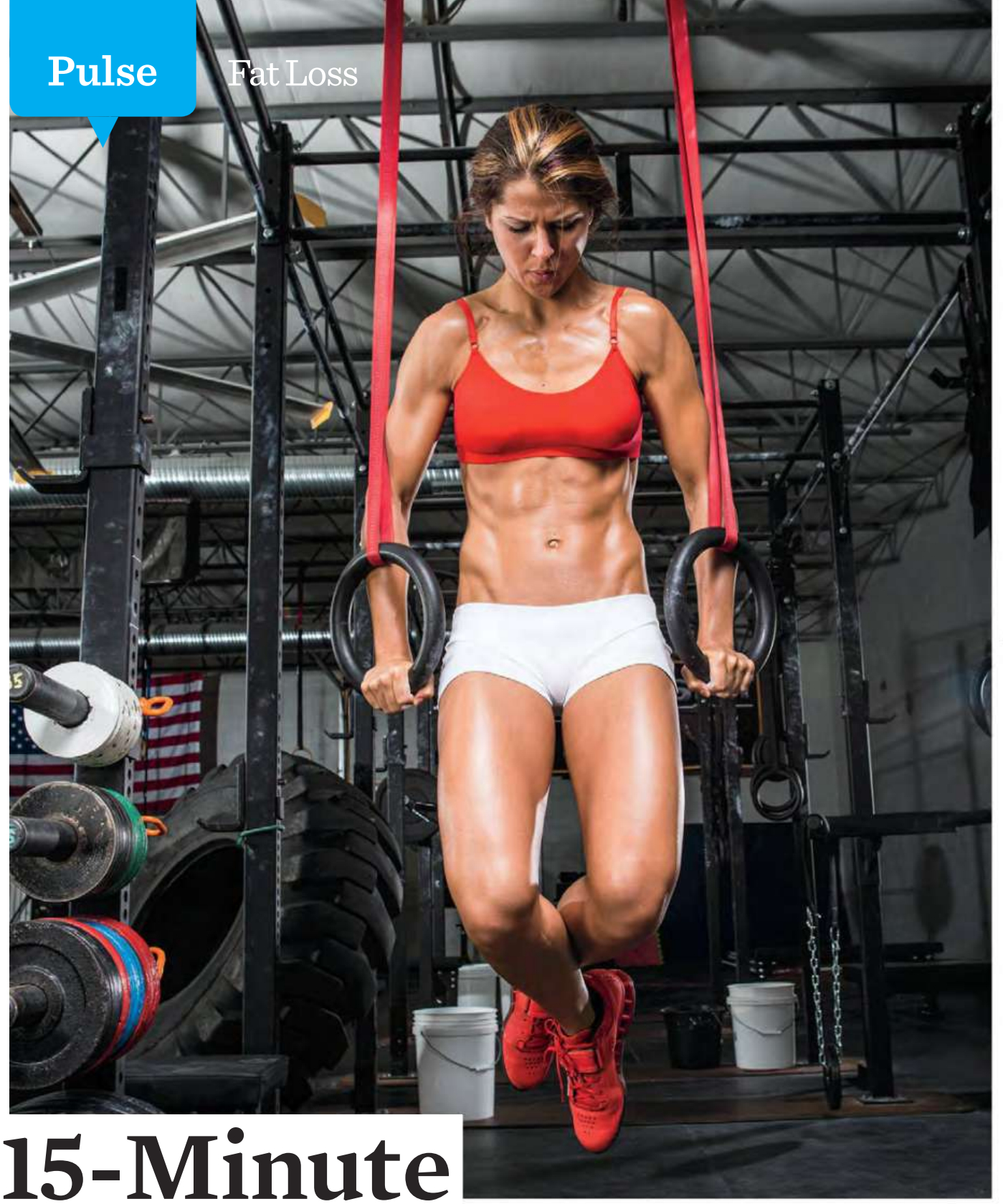
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PROTEIN	SUGAR	FAT
25g	<1g	.5g



15-Minute Fat Burners

Give your metabolism a boost on even your busiest days with these high-intensity conditioning plans

BY **ALYSSA SHAFFER**

• SHORT ON TIME but don't want to skimp on your workout? We've got your back! These quick but powerful routines from some of our favorite fitness pros are enough to keep your training on track even when the rest of your schedule is jam-packed.



Lindsey Valenzuela

HEAD COACH AT AUTUMO CROSSFIT IN MOORPARK, CA, AND CYTOSPORT ATHLETE

Her routine: AMRAP

"As many reps as possible" is a strategy that asks you to complete a circuit as many times as you can within a given time frame. "You're always moving, and because you need to keep going for the allotted interval, it's a mental and physical challenge."

Warm up for a few minutes and give yourself time to cool down afterward, says Valenzuela. Do any of these circuits for 15 minutes.

OPTION 1

- 15 power snatches with barbell
- 10 burpees

Repeat cycle for 15 minutes.

OPTION 2

- 15 air squats
- 10 burpees

Repeat cycle for 15 minutes.

OPTION 3

- 7 squat cleans
- 14 double-unders (allow jump rope to pass under feet twice)
- 21 pushups

Repeat cycle for 15 minutes.



Juliana Malacarne

IFBB PHYSIQUE PRO, 2014 MISS PHYSIQUE OLYMPIA, AND 2015 ARNOLD CLASSIC WINNER

Her routine: Nonstop full-body workout

"You can get a lot done with this routine, hitting all your muscle groups and even getting your heart rate up a bit," says Malacarne. Do 12 to 15 reps of each of the following workouts in the order given. Rest one minute at the end of the circuit, then repeat until your 15 minutes are completed.

- Pullup
- Squat
- Lunge
- Pushup (wide grip)
- Pushup (close grip)
- Bridge
- Leg raise
- Crunch
- Plank

ARTIGA PHOTO/CORBIS; LARRY AGRON (MALACARNE); COURTESY OF CYTOSPORT (VALENZUELA)



Jessica Sander

GROUP FITNESS MANAGER AND PERSONAL TRAINER AT CHELSEA PIERS SPORTS CENTER, NEW YORK

Her routine: Stability challenge

"This workout is designed to challenge and improve your overall stability, with a particular focus on the core," Sander says. The payoff: You'll gain more control over all your movements, in and out of the gym. You'll need a Bosu, a pair of eight- to 12-pound dumbbells, and a medicine ball. Do the five-minute circuit three times, resting 30 seconds between each round.

ROUND 1

CARDIO

- **Bosu burpee:** Stand holding Bosu, then squat, placing soft side on floor. Jump feet behind you, then back to center, lifting Bosu overhead. Repeat for 1 minute.
- **Mountain climber:** Hold Bosu with soft side on floor; repeat for 1 minute.

STRENGTH

- **Squat/curl:** Stand on soft side of Bosu, holding dumbbells. Squat while curling weights to shoulders. Stand up; repeat for 1 minute.
- **Pushup:** Hold on to Bosu with soft side on floor. Keep shoulders over wrists and spine stable. Continue for 1 minute.

CORE

- **Crunch with medicine ball balance:** Lie faceup with knees bent 90 degrees, shins parallel to floor. Crunch up, balancing medicine ball on shins, then lower upper body back down to floor. Repeat, this time grabbing medicine ball and lowering it behind head. Continue for 1 minute.

ROUND 2

CARDIO

Same as Round 1.

STRENGTH

- **Stationary lunge with one-arm overhead press:** Stand with right foot on Bosu, left leg on floor, holding dumbbell in left hand. Lower into a lunge, bending knees 90 degrees. Holding lunge, press dumbbell over left shoulder. Lower weight and stand up, keeping right foot on Bosu. Continue for 1 minute; switch sides and repeat.

CORE

- **V-situp with medicine ball trunk rotation:** Lie faceup on floor with medicine ball on chest. Lift upper body off floor while drawing feet toward ceiling, creating a V shape with your body, or do knee-ins. Rotate torso right and left, then return to center and back to starting position. Continue for 1 minute.

ROUND 3

CARDIO

Same as Round 1.

STRENGTH

- **Bosu bridge:** Lie faceup on floor with both feet on the soft side of Bosu. Lift hips, trying your best to keep them even; lower back toward floor and repeat for 1 minute.
- **Bentover row with triceps kickback:** Stand on the soft side of the Bosu holding a dumbbell in each hand. Lower torso about 45 degrees toward floor. Retract shoulder blades and draw elbows toward sides. From here, extend arms into a triceps kickback. Bend elbows back toward sides, then return to start. Repeat for 1 minute.

CORE

- **V-situp with ball.** Start in a V-sit position with the medicine ball in front of your chest. Scissor legs, weaving the medicine ball past thighs in a figure-eight shape. Continue for 1 minute.

JONATHAN CONKLIN

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For a *really* satisfying evening, skip dessert but don't miss the main meal.

After-Dinner Arousal?

YOUR APPETITE MIGHT NOT be the only thing that's satisfied after eating a good meal. A new study published in the journal *Appetite* suggests we're more likely to respond positively to romantic cues on a full stomach than a rumbling one. Researchers looked at the brain activation responses among women who were previous dieters and those who had never dieted, asking them to look at romantic and neutral photos both when they were hungry and after they had a 500-calorie meal. Both the previous dieters and non-dieters' brains lit up more in response to the romantic photos after they were fed, but the past dieters showed even greater responses to romantic cues after they ate. Researchers speculate this supports a shared neural circuit between food and sex. (That one seems obvious to us!)

55

NUMBER OF HOURS WORKED PER WEEK THAT CAN INCREASE YOUR RISK OF A STROKE BY 33%, ACCORDING TO A RECENT STUDY PUBLISHED IN THE JOURNAL *THE LANCET.* RESEARCHERS TRACKED MORE THAN 600,000 INDIVIDUALS FOR 8½ YEARS AND FOUND A 13% INCREASED RISK OF CORONARY HEART DISEASE INCIDENCE IN WORKAHOLICS COMPARED WITH THOSE WHO PUT IN 35 TO 40 HOURS WEEKLY.



THE HIDDEN DANGERS OF DIETING

Exercise is essential to good health, but so is keeping your body in an energy balance. Skimp too much on key nutrients and you could be doing more harm than good, messing with your menstrual cycle and putting yourself at risk for osteoporosis. "It's not just women with eating disorders who could potentially develop these issues," notes Elizabeth Matzkin, M.D., an assistant professor at Harvard Medical School's Department of Orthopaedic Surgery. "If you're not taking in adequate nutrition for the level of activity you're doing, it can seriously affect hormones and menstrual cycles." And too many missed cycles can lead to low bone density. Warning signs include not getting your period, feeling constantly fatigued, and injuries like stress fractures. To keep bones strong, take in at least 1,000mg of calcium a day and 600 IU of vitamin D through foods like dairy products and/or supplements.



Workout App We Love

For a great motivating workout app that doesn't cost a red cent, check out SWorkIt Lite. The free app ranked highest among 30 training aids in a survey done at the University of Florida. Researchers scored the apps based on how well they adhered to established exercise guidelines, including cardio, strength, and flexibility, and how they structured and explained the workouts. **SWorkIt** (short for Simply Work It) takes users through equipment-free strength, yoga, Pilates, and stretching routines that range from five to 60-plus minutes, or build your own from a growing library of more than 170 exercises.

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Marc Pro
Your muscles are just as rundown as you feel after a tough workout. The **Marc Pro** uses a unique slow-wave electric stimulation that feels like a slow contract and release to stimulate muscle. The easy-to-use device helped more than 92% of users experience better recovery. From $650 (Pro) to $950 (Pro Plus), *marcpro.com*

Shock Your Training

Is neuromuscular electrical stimulation the missing ingredient in your training or a big-ticket disappointment?

BY **NATALIE GINGERICH MACKENZIE**

IF YOU'VE BEEN hearing all the talk about muscle stimulation among your workout partners (and competitors), it may be time to pay attention. Long used in training rooms and physical therapy offices, these medical devices are designed to send electrical impulses deep into the muscles, causing them to contract.

In the past few years, muscle stimulators have been embraced by pro athletes to increase muscle strength and speed recovery. But more portable and easier-to-use devices mean triathletes, CrossFitters, fitness competitors, and weekend warriors can reap the benefits, too.

HOW STIM WORKS

› The unit mimics the signal that your brain sends to cause your muscle to contract when you exercise. That contraction brings blood flow to the targeted area and stimulates the lymphatic system to push out metabolic waste and swelling without causing muscle fatigue, explains Ryan Heaney, president of muscle stimulator brand Marc Pro. "It's like jumping on an exercise bike, except you can only do that for so long before it becomes work," he says. Stick a few electrodes onto whichever muscles you worked the hardest or a chronic trouble zone, then fire it up for 30 minutes before bed and you'll wake up feeling fresher, Heaney says.

RECOVER BETTER

› By recovering more fully, you'll get injured less often and build more strength, say manufacturers. Certain evidence supports this: A randomized control study conducted by Marc Pro found that athletes given the devices to use at home while taking part in a lifting program built almost twice as much strength as those who didn't use any special aids. It's not that muscle stimulation makes you stronger, says Heaney. It's more about improving your recovery. "That's where the adaptations and improvements happen."

FIRE IT UP

› Other brands say stimulation can help increase strength by training muscles to fire more effectively. "Even the highest-performing athletes can't recruit more than 30 to 40% of their muscle fibers," says Eric Glader, senior director of

business development for Compex, which began marketing its muscle-stimulating devices two years ago.

Plus, says Glader, we all have a dominant side that picks up the slack for your weaker side when working out, exacerbating the imbalance. Using a muscle-stim device post-workout sends uniform neuro-muscular signals, triggering up to 100% of the fibers to contract. And while these contractions alone won't make you stronger, they may help teach your body how to recruit and use more of its muscle fiber, yielding more explosive strength, improved balance, and fewer overuse injuries.

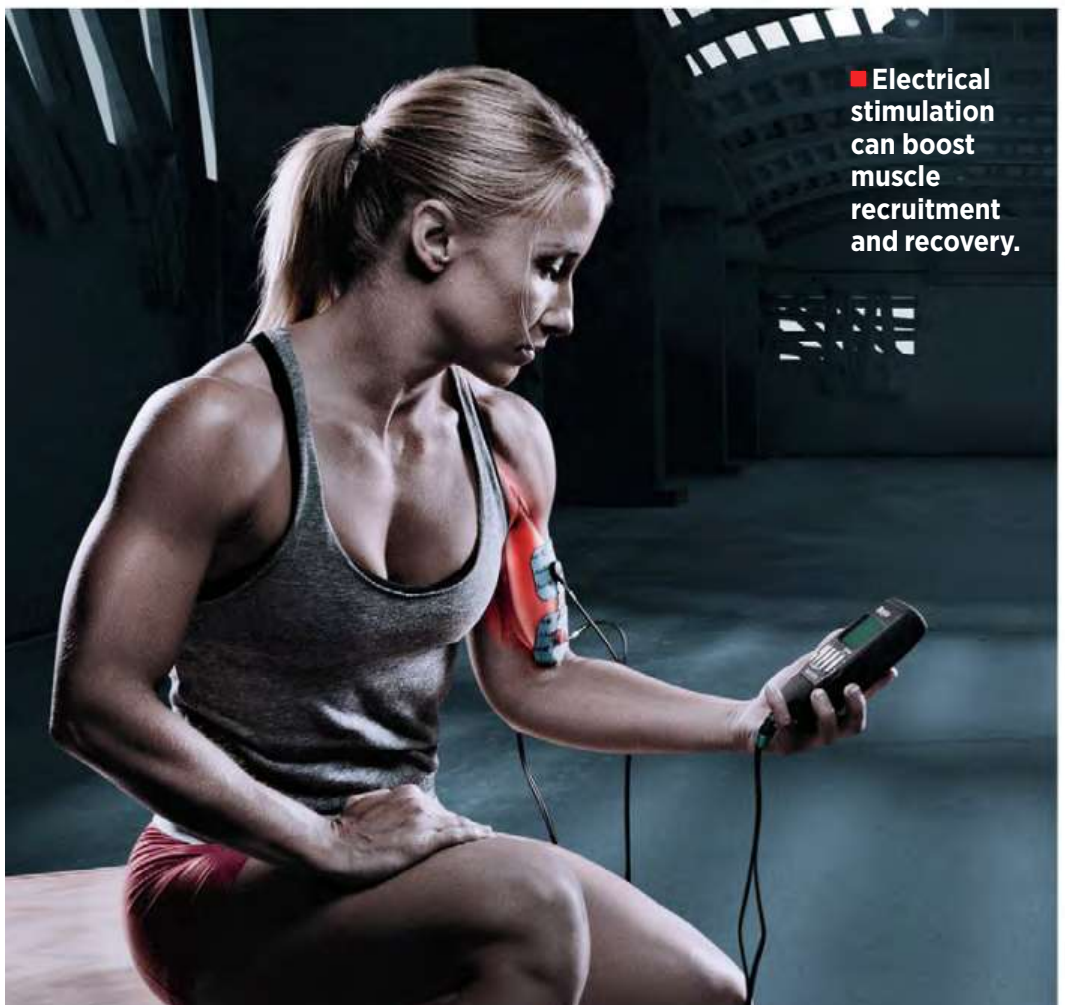
BATTLE OF MUSCLE

› Still, not everyone is sold on using a muscle stimulator as a high-tech (and fairly high-priced) training tool. "Studies clearly show that it can preserve muscle mass in people who are unable to exercise," says Brad Schoenfeld, Ph.D., an assistant professor of exercise science at CUNY Lehman College in New York. But he considers the evidence to be equivocal at best. "Some studies show a benefit, others don't," Schoenfeld says.

Others see it as the future of training. "I've seen significant improvements in overall strength, power, and speed using electrical muscle stimulation," says Derek Hansen, C.S.C.S., who is writing a book about muscle stimulation for athletes. But using the technology in a training program can take some trial and error, as everyone has different results and comfort levels.

POWER ON

› Ready to jump into the market? Keep in mind that while muscle-stim devices are generally safe and shouldn't cause any side effects, stick to those (including Compex and Marc Pro) that have FDA approval. Also keep in mind how and where you expect to use it. If you'll keep it in your gym bag, the newest wireless models are a must-have. If not, you can get the same benefits at a steep discount by going for a wired model. Not sure? Consider connecting with brands on social media to ask questions, get the inside scoop, and even find out about events where you can try the devices live before you buy.



Electrical stimulation can boost muscle recruitment and recovery.

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Katrin Tanja Davidsdottir

Hard training, a firm work ethic, and a well-rounded routine help the 2015 Reebok CrossFit Games champ reign supreme as the Fittest Woman on Earth

BY **ALYSSA SHAFFER**



EARLY INSPIRATION

› "I did gymnastics from ages 6 to 16, then trained in track for a year. But I was still looking for something to really challenge me. In the summer of 2011, [fellow Iceland native] Annie Thorisdottir won the CrossFit Games, and I decided to give it a try. I immediately fell in love with the sport."

DOWNTIME

› "When I'm not training, I like to spend time with my friends and family and enjoy a good meal together."

FAVE GEAR

› Reebok CrossFit Chase booty shorts, sports bra, and Reebok CrossFit Nano 5.0. "With these I can get through any workout!"



DAILY DIET

› **Breakfast** Coffee with cream, 3–4 eggs, ½ avocado, fruit
› **Lunch** Chicken or tuna salad with a portion of dark green veggies, ½ avocado
› **Dinner** Chicken or salmon with sweet potatoes and salad
› **Snacks** Fruit (her "go-to snack"), protein shake with coconut water
› **Cheat Food** "I do love cereal!"

DRIVING FORCE

› "My favorite thing about CrossFit is you're always working to become good at everything! Ultimately, it's about being the best version of you. You can walk out of the gym knowing you're better than when you came in."



PULLING IT ALL TOGETHER

› "It's important to know what holes you have in your game so you can work hard toward making them your strengths. My coach has me focusing on anything that might be considered a weakness so I can go into next season confident in any situation. Right now, that's any kind of pulling, like deadlifts or pullups."

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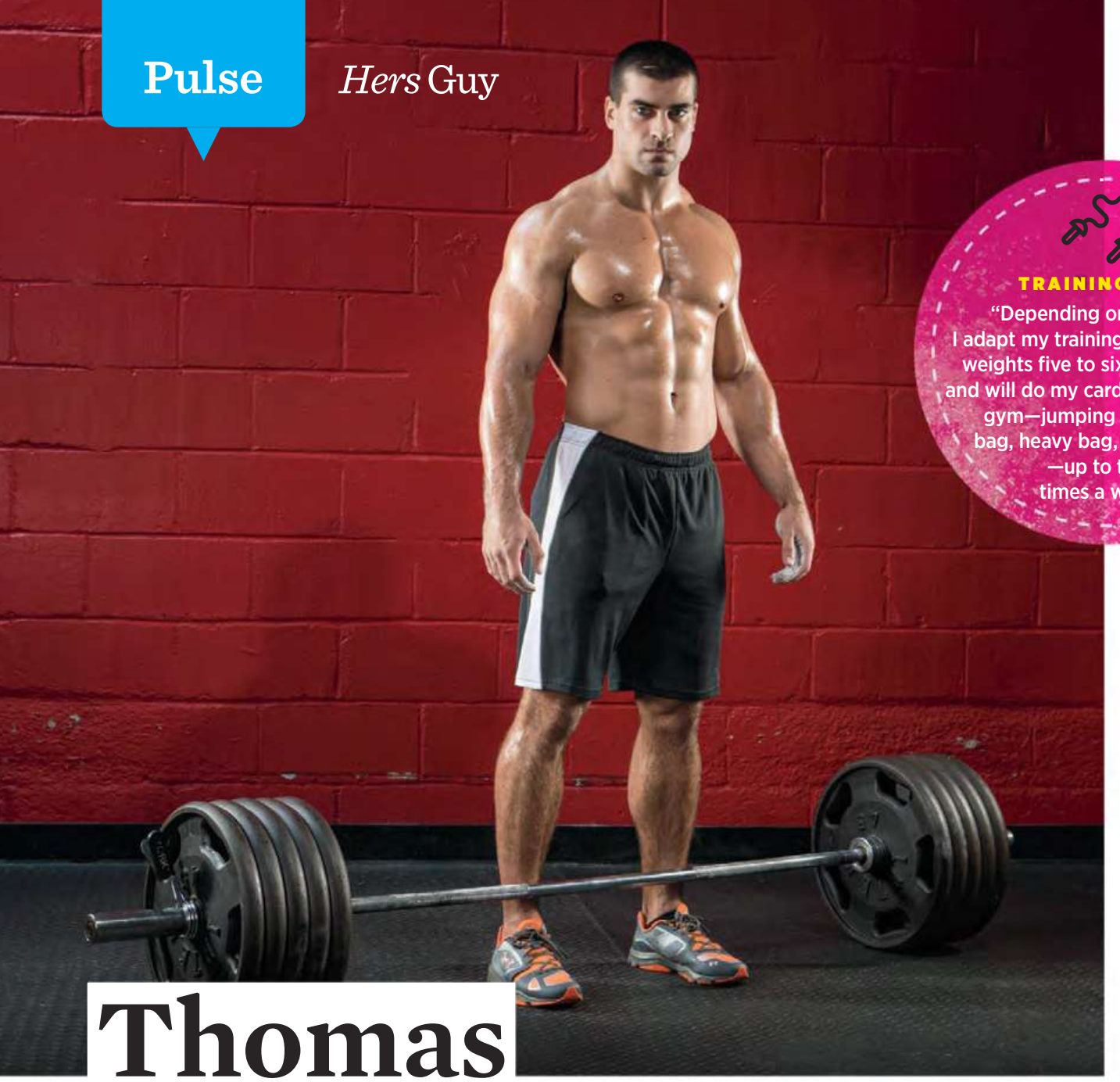
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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



Thomas Canestraro

The French fighter, trainer, and model on his multifaceted career, hard body, and soft heart

BY **KRISTIN MAHONEY**

TRAINING DAYS

"Depending on my goals, I adapt my training regimens: I lift weights five to six times a week and will do my cardio at the boxing gym—jumping rope, speed bag, heavy bag, and sparring—up to three times a week."

BIG MOVE

› "I left Paris in July 2011 to move to New York City. There is always something going on here—UFC, basketball, football, hockey, CrossFit, yoga, weightlifting. But I do miss activities with my family, like fishing with my grandfather, watching a movie with my dad, cooking with my mum, or playing with my nephews. And I have amazing friends back home who I miss spending time with."



CHEAT VS. CLEAN

› "My ideal cheat meal is a mini Margherita pizza, followed by a pastrami sandwich and an almond croissant and/or an Oreo milkshake. Favorite clean meal: roasted or grilled chicken breast with chipotle peppers, steamed broccoli, and plain Greek yogurt with raspberries."

PERFECT PARTNER

› "Authenticity—I find a real beauty in that. And if she speaks French and likes wine, it's a plus!"

GYM THERAPY

› "My kickboxing background influences my training methods, so I'm often training my clients' bodies as well as their minds. I'm working on their ability to persevere. My clients often tell me I am a gym therapist. But an organized life and organized mind provide an optimum experience! So before going to the gym, plan out what you are going to do, and track your workouts to see your progress. And about 30 minutes before exercise, drink a glass of water to prevent dehydration."

OFF THE CLOCK

› "I work a lot, so in my downtime I enjoy exploring the city, catching a movie, or watching TV. And I love discovering new restaurants and foods. I also like drawing, writing scripts, and playing video games with friends."



ALWAYS AN ATHLETE

› "Growing up in France, I was passionate about soccer and always played with my school friends during recess. Around age 5, I joined a Taekwondo team and switched to kickboxing and boxing. I started competing at age 6 and kept going until my last professional fight four years ago, at age 25."

PHYSICAL EDUCATION

› "To get my master's degree, I was evaluated on five different sports every semester, including hurdling, triple jump, 400-meter sprint, javelin, volleyball, basketball, climbing, gymnastics, dance, judo, handball, rugby, and more. With these plus kickboxing, I was exercising 20-plus hours a week at the time."

ROOKIE ROLE

› His first film role, in *The Expendables 3,* all started with a return e-mail from Sylvester Stallone. "Sly is amazing; I learned so much from him—acting, talking, directing. I spent most of my time with Mel Gibson, who's such a great actor. It was a life lesson."



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OUR MODEL

Chioma Uwasomba

IFBB figure pro

Hometown:
New York, NY

Occupation:
Insurance compliance professional; co-founder/owner and prep coach of the Muscle Team, LLC; personal trainer

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@chigotmuscles_ifbbpro
@themuscleteam_t.m.t

"TO BE SUCCESSFUL YOU MUST HAVE THE WILL TO TRAIN HARD, NOT ACT HARD, LOOK SOFT, NOT BE SOFT. MOST OF ALL BE YOURSELF AND NOT ANYONE ELSE."



Shot on location at Siege Athletics, Mineola, NY

ADVANCED SCULPTING STRATEGIES:

Tabata & Supersets

The road to success is paved with a good training strategy. Learn how to advance your workout regimen the right way and you'll get the results you want. Trainer and IFBB fitness pro Julie Lohre has an all-out four-week training plan using two of the most powerful body sculptors: supersets and Tabata. "By combining Tabata training with supersets, you get an efficient workout that builds both strength and stamina," Lohre says. The payoff? A sleek upper body and tight, defined abs, glutes, and legs. Bonus: Each workout takes only about 45 minutes.

Lohre says as you progress through this training program, try to increase your weights while maintaining the reps and rest times. "Ideally you'll want to add 5% to 10% to the weights that you are using within a four-week period."

BY **CAT PERRY** | PHOTOGRAPHS BY **EDGAR ARTIGA**

DAY 1

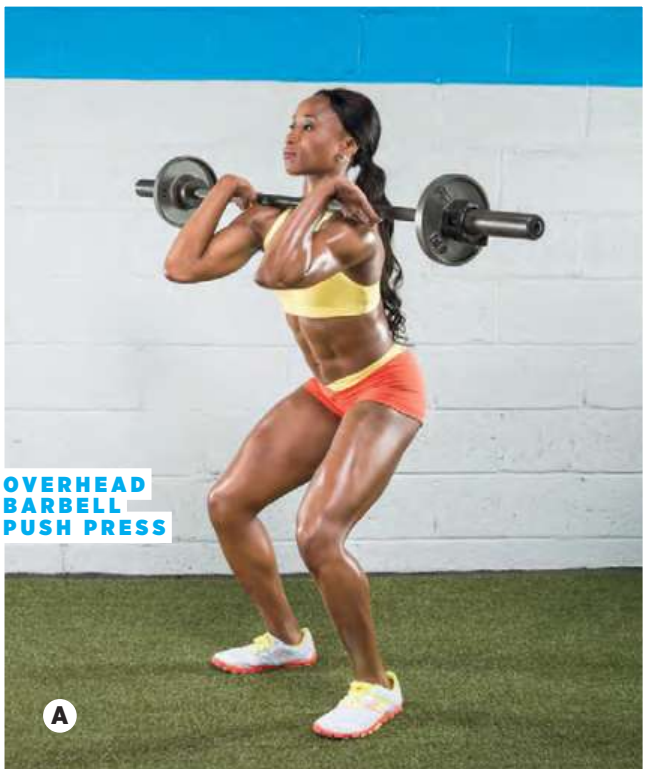
DELTS & ABS

SUPERSET 1 *(4 SETS)*

OVERHEAD BARBELL PUSH PRESS

15 REPS

› Grab a barbell with an overhand grip and stand with your feet slightly wider than hip width.
› Keeping your lower back arched and butt back, lift the barbell, flaring elbows out, and then flip wrists and elbows and clean bar to rest on your clavicles and shoulders. Make sure to bring your elbows high so that they are nearly parallel to the floor **(A)**.
› Slightly flex hips and knees, keeping torso erect and getting a good grasp on the bar, and then explosively straighten your hips and legs while pressing the bar over and slightly behind your head **(B)**. Lower bar to shoulders and bend hips and knees simultaneously, then straighten hips and knees and immediately press bar overhead again.





TIP: Keep your core tight as you drive the weight overhead.

PLANK-UP

10 REPS

› Alternating starting hand, go from full to forearm plank and up again.

SUPERSET 2 *(4 SETS)*

DB FULL-RANGE LATERAL RAISE

10 REPS

› Stand with feet hip width holding dumbbells in front of thighs, palms facing each other, arms straight. Raise arms out to sides **(A)**. When arms are shoulder height, rotate hands so palms face ceiling. Continue lifting arms, bringing DBs overhead until they're almost touching, palms facing at top **(B)**.

MEDICINE BALL OBLIQUE TWIST

10 REPS EACH SIDE

SUPERSET 3 *(4 SETS)*

UPRIGHT BARBELL ROW

10 REPS

FROG CRUNCH

10 REPS

› Lie faceup on a mat, knees bent, feet touching, and arms extended above hips. Lift head, shoulders, and feet off mat **(A)**. This is your starting position.
› Begin a crunch, bringing knees out to your sides while heels touch. Extend hands toward your feet, squeezing abs at the top of the move **(B)**.

SUPERSET 4 *(4 SETS)*

INVERTED PUSHUP

10 REPS

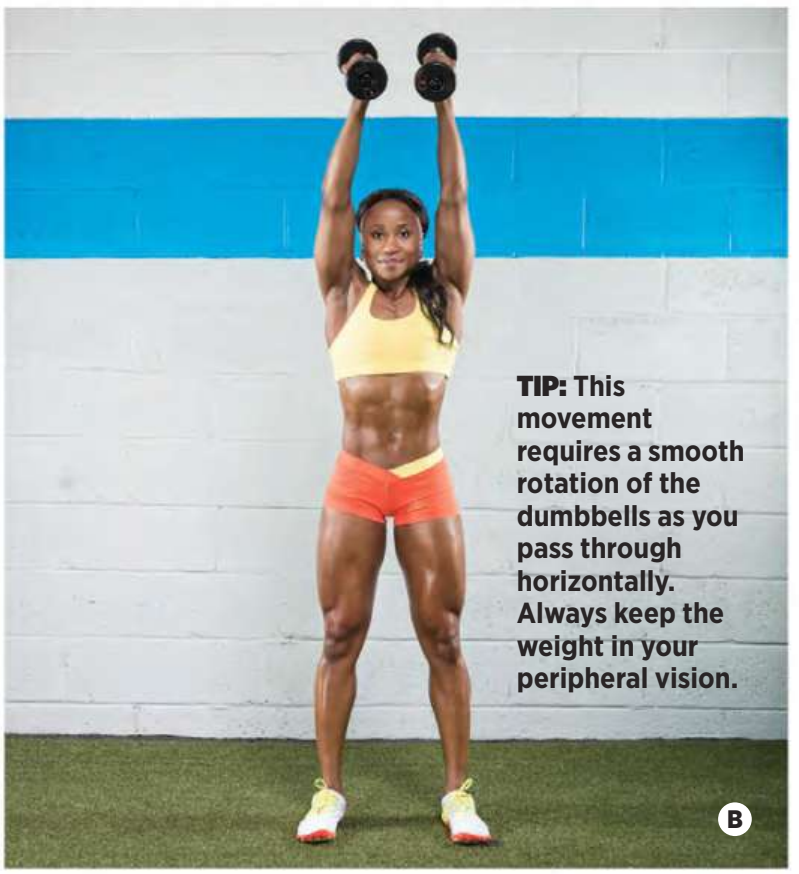
PLANK POSITION KNEE DRIVE

10 REPS EACH SIDE

TIP: Avoid doing these so fast that your hips leave the ground. Press downward through your core to keep your hips firmly planted.









DAY 2

TABATA LEGS & BICEPS

Tabata training provides similar benefits to cardio workouts but allows you to max out the "work" from a particular exercise in a short time frame. For this high-intensity interval training, perform the reps in a controlled, quick manner. Go hard for 40 seconds on each leg (that's one set), then rest for 40 seconds before starting again.

WEIGHTED PLIÉ SQUAT

5 SETS

STANDING GLUTE PULSE WITH ANKLE THERABAND

5 SETS, ALTERNATING LEGS, GO HARD FOR 40 SECONDS ON EACH LEG (THAT'S ONE SET)

TIP › Do not allow your back to arch excessively in this move by contracting your abs and standing up tall.

BICEPS BARBELL CURL

5 SETS

FIGURE FOUR WITH LIFTOFF & SINGLE-LEG SQUAT

5 SETS, ALTERNATING LEGS, GO HARD FOR 40 SECONDS ON EACH LEG (THAT'S ONE SET)

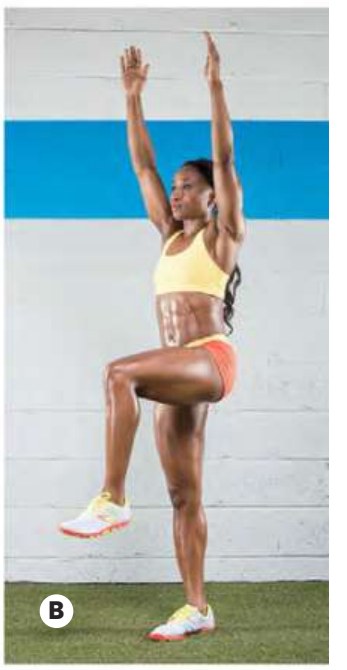
› Stand with feet hip width, forearms stacked in front of chest. Step back into a curtsy lunge, with your left foot landing behind and slightly to the right of your right foot. Lower until knee nearly touches the floor **(A)**.

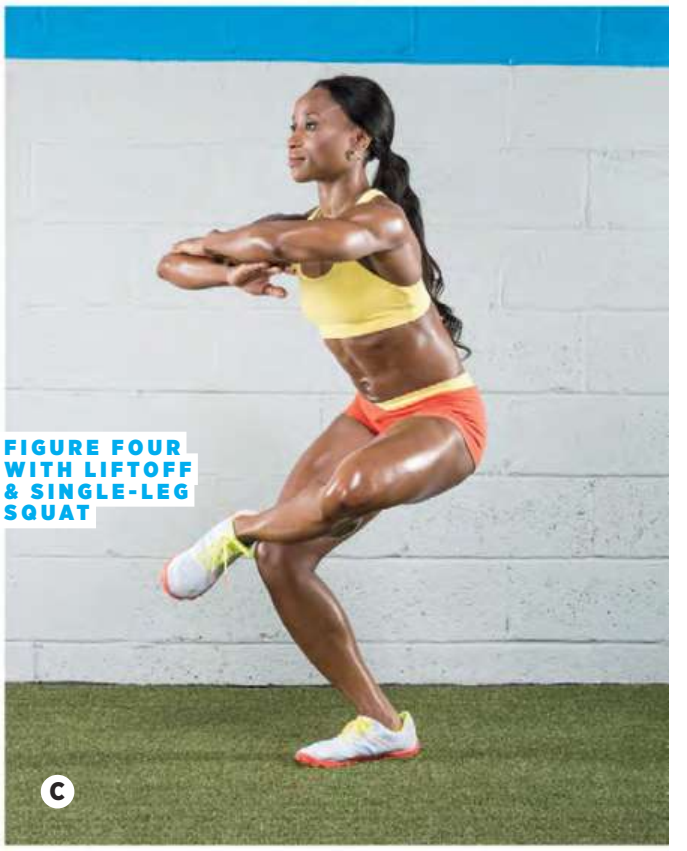
› Push up to start and drive left knee up until thigh is parallel to the floor, straightening your right leg and both arms directly above your head **(B)**.

› Bring your left ankle onto your right thigh, opening your left hip, and sit back, hips first, into a one-legged squat until supporting thigh is parallel to the floor **(C)**.

› Drive through heel to return to standing. Without stopping, immediately drop into the next curtsy lunge.







BALLET SIDE LEG RAISE

5 SETS, ALTERNATING LEGS, GO HARD FOR 40 SECONDS ON EACH LEG (THAT'S ONE SET)

› Stand next to a rail, chair, or wall with heels touching and feet turned out slightly. Lift leg out to side as high as possible, then slowly return leg to starting position.

TIP › Rotate your knee upward throughout the move and go only as high as your flexibility allows while still keeping your body upright.

45-DEGREE BICEPS CURL

5 SETS

DAY 3

CHEST, BACK, ABS, BUTT

Begin with a pushup warmup: Complete 50 pushups, taking breaks when you need them.

SUPERSET 1

DUMBBELL FLYE WITH GLUTE LIFT

10 REPS, ALTERNATING LEGS

› Do a bentover flye while kicking one leg back.

BENTOVER ROW

10 REPS

SUPERSET 2

INCLINE BARBELL CHEST PRESS

10 REPS

AB FLUTTER KICK

20 REPS

TIP › Keep your lower back pressed flat into the floor to keep your back safe. If you have trouble keeping your back down, place your hands under your glutes.

SUPERSET 3

STRICT PULLUP OR ASSISTED PULLUP

10 REPS

FULL SITUP

10 REPS

SUPERSET 4

FOUR-COUNT PUSHUP

10 REPS PER SET

› This is a traditional pushup, just done slowly, hands chest width on floor. Take four counts to lower down to where your chest just grazes the floor, then four counts to return to full plank position.

LYING LEG RAISE

10 REPS



STRICT PULLUP



TIP: Do as many reps as possible with no assistance, up to 10. Finish out the set with assistance if needed. To really focus on your lats and back, don't swing or kip the movement.



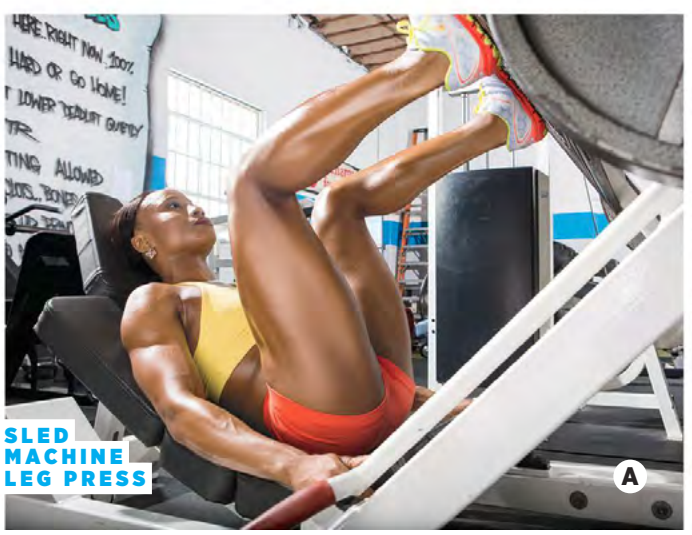
INCLINE BARBELL CHEST PRESS



HAIR & MAKEUP BY CHRISTIE CAIOLA









DAY 4

TABATA LEGS & TRICEPS

See description on Day 2, doing 40 seconds on and 40 off.

BOX SQUAT

5 SETS

TIP › Use a bench at knee height for this move. Just barely graze your glutes on the bench; don't sit!

WALKING LUNGE

5 SETS, ALTERNATING LEGS

TRICEPS BENCH DIP

5 SETS

TIP › To make this move harder, elevate feet on a block or another bench.

SLED MACHINE LEG PRESS

5 SETS

STIFF-LEG DEADLIFT

5 SETS

TRICEPS KICKBACK

5 SETS

TOP BY AFFINITY; BOTTOMS BY JNL COLLECTION BY ROGIANI; SNEAKERS BY NEW BALANCE



20 TIPS FOR HEALTHIER (HAPPIER!) HOLIDAYS

Season's greetings got you feeling stressed? Relax—we asked top fitness, nutrition, health, and beauty experts for their favorite tips to help make your holidays a breeze.

REPORTED **BY CAT PERRY, DIANA KELLY, SARAH LEE & KRISTIN MAHONEY**



TIP 01 SWITCH TO FULL-BODY WORKOUTS

If you're a regular gymgoer you likely already do split routines, working different muscles on different days. "That's fine when you can control your own schedule every day of the week. But over the holidays, when obligations pile up, so do the missed workouts. That's why it makes sense to switch to total-body workouts, hitting all your muscles each time you lift," says Lou Schuler, author of *Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life.* You'll get more from each workout and probably gain some muscle and increase strength, according to a surprising recent study in the *Journal of Strength and Conditioning Research*. "The lifters assigned to do total-body workouts gained more strength and size than the ones doing body-part splits, most of whom had previously used split routines," adds Schuler.

TIP 02 HIIT This WOD

On a day when you know there will be temptations galore, do this sweat session from Blair Morrison, author of *365 WODs*. It'll set your body up to fry calories throughout the festivities. Do this Workout of the Day outside or on a treadmill. Each mile represents a break from running but not a break from the workout. Pick the level that works the best for your schedule and fitness capacity.

Level I: Run 3 miles. After every mile complete 30 air squats + 30 pushups.
Level II: Run 4 miles. After every mile complete 40 air squats + 40 pushups.
Level III: Run 5 miles. After every mile complete 50 air squats + 50 pushups.

TIP 03 Have Some Afternoon Delight

Here's a fun way to ease holiday stress: Spend a little time between the sheets. It may not burn massive calories (researchers from University of Alabama-Birmingham found the average burn rate during intercourse is about 3.5 calories a minute), but having satisfying sex can help boost your immune system and lower your blood pressure so you can handle the holiday crush with ease. Invest in a great organic water-based lube like Good Clean Love (*goodcleanlove.com*) that's free of the petrochemicals like propylene glycol, which may increase the risk of yeast infections and STIs.

PREVIOUS SPREAD: CARLOS HERNANDEZ/CORBIS. THIS PAGE: SASA NIKOLIC/GETTY IMAGES

TIP **04**

Beat Belly Bloat

Potassium-rich foods can help flush out sodium, which makes the body retain fluids. "Swap your ice cream cone for a frozen banana, nix toast with your morning eggs and instead enjoy a bloat-busting grapefruit, and replace your starchy rice at dinner with a portion-controlled baked or sweet potato," says Joy Bauer, M.S., R.D., founder of Nourish Snacks and Nutrition and the health expert for NBC's *Today Show*.

TIP

05

EAT OUT SMARTER

Hitting a chain restaurant with family or friends? You'll find some surprisingly healthy menu options at some of these popular eateries.

PANERA BREAD: EAT: BLACK BEAN SOUP & MEDITERRANEAN VEGGIE SANDWICH (FOR CUP OF SOUP, HALF SANDWICH & ICED TEA): CALS 430, FAT 8G, CARBS 75G, PROTEIN 21G

OUTBACK STEAKHOUSE: APP: CHICKEN CAESAR SALAD (HALF PORTION; NUTRITIONALS INCLUDE DRESSING, SO ASK FOR IT ON THE SIDE): CALS 240, FAT 6G, CARBS 10G, PROTEIN 36G; **MAIN:** VICTORIA'S FILET, WOOD-FIRE GRILLED (HALF PORTION; 6 OZ), INCLUDES BROCCOLI AND SIDE SALAD WITH DRESSING: CALS 225, FAT 8G, CARBS 15G, PROTEIN 22G

P.F. CHANG'S: EAT: OOLONG SEA BASS (SERVES 2): CALS 521, FAT 12G, CARBS 40G, PROTEIN 64G; CHICKEN LETTUCE WRAPS: CALS 377, FAT 12G, CARBS 35G, PROTEIN 28G

STARBUCKS: DRINK: AN AMERICANO: CALS 15, FAT 0G; OR NONFAT CAPPUCCINO: CALS 80; **EAT:** PERFECT OATMEAL: FROM 140 CALS; OR REDUCED-FAT TURKEY BACON BREAKFAST SANDWICH: CALS 230

APPLEBEE'S: EAT: CEDAR GRILLED LEMON CHICKEN: CALS 570, FAT 25G, CARBS 46G, PROTEIN 43G; OR PEPPER-CRUSTED SIRLOIN & WHOLE GRAINS: CALS 350, FAT 10G, CARBS 41G, PROTEIN 28G



TIP

06

DON'T GO TO THE GROCERY STORE AFTER WORK

Participants in a study by the Cornell University Food and Brand Lab tended to buy higher-calorie items between 4 p.m. and 7 p.m. If you can, shop just after a meal in the morning or after lunch.

KAZUTOMO KAWAI/GETTY IMAGES



TIP 07

Open Up a New Supplement

To slim down in a hurry, try taking a supplement that includes glucomannan, a natural dietary fiber that may help relieve bloat and constipation and boost weight loss. Glucomannan is derived from the konjac root, and it may also help stabilize blood sugar, which means you won't have as hard a crash if you've had a few sweets or cocktails. Try GNC Total Lean Chitosan with Glucomannan (*gnc.com*).

TIP 08

Train While You Travel

Being on the road is no excuse for sacrificing your fitness. Before booking a hotel, ask the concierge about the hotel gym, or search the Web to find a full gym close to your preferred hotel, then ask its membership manager for a weekly or daily pass. (Be sure to allot 30 minutes during the first visit for walking the gym with the membership manager.) Some day passes may even be free, like at the YMCA; or find boutique gyms that offer a free first-timer day pass.



TIP 09

TRY THE "NO MAKEUP" HOLIDAY LOOK

Take a daytime "no makeup" look (tinted moisturizer, mascara, and bold brows with a neutral/nude lip color) into night by adding a black winged-tip cat eye, says celebrity makeup artist Nil Muir. If you're not great with making a straight line, use a black eyeshadow first and start from the inner corners out, then add gel liner. (Muir likes Inglot gel liner.) Next, add some highlighter (like Smashbox Halo Highlighting Wand) on the bridge of your nose and your temples, then your favorite bronzer to the hollows of your cheekbones. Finish with a bold red lip, and get ready to put on your best party face!

TIP 10

FOLLOW THESE 3 HEALTHY FOOD FIXES

- Go light on lunch: "Combining simple vegetables with a protein like chicken or fish will help you fill up on healthy proteins and fiber without wasting calories," says John Rowley, best-selling author, certified trainer, and director of wellness for the International Sports Science Association.
- Steer clear: "Swap heavy, creamy soups and creamed dishes at dinner for cooked vegetables and low-fat or clear soups," Rowley says.
- Use your noodle: Spaghetti squash and zucchini noodles give that same pasta-noodle consistency without the carbs. Make your own pasta sauce or just toss noodles with olive oil and garlic. Add a protein, like chicken or turkey meatballs, for a healthier twist on a traditional favorite.

EAT IT & DELETE IT

Crush holiday calories with these easy activity fixes from Rowley



EAT IT: 1 GLASS OF WHITE WINE *(121 CALORIES)*
DELETE IT: 32 MINUTES OF WALKING



EAT IT: 1 GLASS OF LIGHT BEER *(102 CALORIES)*
DELETE IT: 12 MINUTES OF JOGGING



EAT IT: 1 CUP OF EGGNOG *(344 CALORIES)*
DELETE IT: 29 MINUTES OF SWIMMING



EAT IT: 1 SERVING OF STUFFING *(108 CALORIES)*
DELETE IT: 28 MINUTES OF WALKING



EAT IT: 1 CANDY CANE *(60 CALORIES)*
DELETE IT: 7 MINUTES OF JOGGING

IMAGE SOURCE/CORBIS; DIETERLEN/CORBIS; PATRICK LLEWELYN-DAVIES/GETTY IMAGES; ANDREA BRICCO/GETTY IMAGES; NGOC MINH & JULIAN WASS/GETTY IMAGES; LEW ROBERTSON/GETTY IMAGES

TIP 11
Chill Out to Burn More Calories

Women who experience one or more stressful events the day before a big meal burned 104 fewer calories than those who kept calm, despite consuming the same foods, according to a study from Ohio State University. They also had higher insulin levels, which causes fat storage.

TIP 12
Find Carbs That Calm

Your brain is naturally drawn to comfort foods loaded with carbs. "Carbohydrates release a chemical in the brain called serotonin, which is the 'ahh' chemical that makes you feel better," says Bonnie Taub-Dix, R.D.N., creator of *betterthandieting.com* and author of *Read It Before You Eat It*. Just choose your carbs wisely. Go for whole-grain carbs like whole-wheat toast with almond butter that will last longer in your system.

TIP 13
Power Your Plate

Don't let the Thanksgiving feast leave you feeling like a stuffed turkey. "Load your plate with white meat and veggies first (no butter, please!), then add smaller amounts of traditional favorites you don't want to pass up," says trainer Julie Lohre, an IFBB fitness pro. "Fill 70% of your plate with the healthiest options available, then let the other 30% be whatever else you want."

TIP 14
Think Half-full

We know it's nice to celebrate with a glass or two of something bubbly, but be careful because too much of the strong stuff can make for empty calories and more uninhibited eating. On the other hand, research by the Cornell University Food and Brand Lab has shown that those who never pour more than half a glass of wine at a time drink about 18% less. Try using glasses that are tall and thin, which appear fuller, so you're less likely to overpour.

TIP 15
Find Expert Beauty Help, Pronto

When you're strapped for time and in need of



TIP 16
PERK UP WITH PROBIOTICS

Recent research shows that the depression symptoms associated with seasonal affective disorder (SAD) can be greatly influenced by gut health. Eating foods rich in probiotics—such as sauerkraut, kimchi, and kefir—as well as prebiotics, such as Jerusalem artichokes and jicama, may strengthen your microbiome, says Raphael Kellman, M.D., founder of the Kellman Center for Integrative and Functional Medicine and author of *The Microbiome Diet*. That in turn can have positive effects on mood and a significant impact on relieving symptoms of SAD. Watch out: A few surprising foods may make symptoms worse, including dried or canned fruits, juices, potatoes, and sweet potatoes—all of which feed glucose and/or starch to unhealthy bacteria.

TOPIC PHOTO AGENCY/CORBIS





SQUEEZE IN A SWEAT SESSION

TIP **19**

For a great do-anywhere workout, try this tough routine from CrossFit trainer Erica Giovinazzo. Try to get through this circuit as many times as possible in 30 minutes.

- **Run** (1 minute)
- **Pushups** (10 reps)
- **Situps** (15 reps)
- **Jump rope** (1 minute)
- **Body-weight squats** (20 reps)
- **Clapping pushups** (5 reps)
- **Toe touches** (lie faceup with legs in air, reaching for toes; 15 reps)
- **V-ups** (10 reps)
- **Jump squats** (15 reps)
- **Jump rope** (1 minute)
- **Burpees** (1 minute)
- **Up-down planks** (forearm to full plank; 10 reps)
- **Lunges** (10 reps per side)

a quick beauty touch-up, consider calling an expert right to your front door. An increasing number of on-demand beauty apps, including Priv, GlamSquad, Manicube, Vensette, or Glam App, allow you to make an appointment in your home or office. Or use your smartphone to book a haircut, style, blowout, professional makeup application, manicure, or even a massage. These apps' services are available in major cities across the U.S.

TIP 17 Make Hosting Easy

"Stock your kitchen with flavor bombs that can give a healthy edge to your culinary entertaining," suggests Brad Farmerie, chef/proprietor of six food and beverage properties in New York City and one in Moscow. Focus on ingredients that will liven up any dish and impress your guests, he adds. Olives, sun-dried tomatoes, capers/caper berries, pickled peppers (Peppadew), feta cheese, miso, sriracha, and harissa all have a long refrigerated shelf life and can make meals memorable with pops of color, acidity, and flavor.

TIP 18 "Pear" Down the Booze

To help slow down alcohol absorption, try drinking juice that contains Asian pears before imbibing. Research shows that this fruit may speed up the enzymes involved in alcohol metabolism and hasten alcohol's elimination from the bloodstream. The fruit also helps reduce blood levels of acetaldehyde, a toxic metabolic often blamed for hangovers.

TIM TADDER/CORBIS



TIP

20

GET SEXY HAIR FAST

Dry shampoo is one of the best time-saving tools on the market. Nil Muir says she loves Oribe's Dry Texturizing Spray: It's a texturizing spray and dry shampoo all in one. Spray five inches from the root and rub in with your fingers to get off any excess residue. For a quick half-up, half-down look for going out: Take large sections (about 3½ inches wide) and curl a few pieces on the outer layer of hair with a large barrel iron, brush through to soften, then tease the top back half of the crown until you get the amount of "bouffant" you desire. Then pin the sides loosely with bobby pins, and spray. The result is a very sexy, very easy Brigitte Bardot look.

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30 GIFTS OF FAB

Hers & His



Wrap up your shopping in a flash with these perfect gifts for all the fit girls and guys on your list

BY **CAT PERRY**, **KRISTIN MAHONEY**, AND **PAMELA NULLET** | PHOTOGRAPHS BY **BRIAN KLUTCH**

Beauty

01

SONIA KASHUK STAR STRUCK FOUR-PIECE BRUSH SET

Add sparkle to your makeup routine. Includes professional brushes for powder, foundation, contour, and multipurpose use. $30, *target.com*





02

MEN'S CLARISONIC ALPHA FIT

Compact men's facial exfoliator that removes dirt, oil, and sweat from the skin with a quick sweep of the hand, prepping skin for an even closer shave. $189, *clarisonic.com*

03

EVERY MAN JACK ESSENTIAL HOLIDAY SHAVE KIT

He'll get a close shave every time with this handcrafted razor, stand, and four cartridge refills made of fine stainless steel blades. The kit also includes hydrating shave gel and face lotion. $40, *everymanjack.com*



04
CREATIVE GALINA & CO "BABY DOLL" DUMBBELL COUTURE 18K GOLD-DIPPED NECKLACE

Keep your fitness goals close to your heart with this 18K gold-dipped necklace. $115, *creativegalina.com*



05
ILUMINAGE SKIN SMOOTHING LASER

A groundbreaking at-home laser wand that smooths the appearance of fine lines and wrinkles around the eyes and mouth in as little as two weeks. $595, *iluminagebeauty.com*

Kitchen



06
NUTRIBULLET PRO 900-WATT BLENDER

As the name suggests, the NutriBullet Pro 900 will pulverize your fruits and veggies with 900 watts of power. It features a convenient flip-top lid and a variety of cup sizes to help keep your diet on track and you on the move. $100, *nutriliving.com*



07
AVIA KITCHEN SCALE

Counting holiday calories and measuring ingredients is a breeze with this ultraslim kitchen scale. It has a large, clear display, while the touch-sensitive controls and smooth glass surface are supereasy to clean. $30, *hastings.com*



08
OXO ILLUMINATED IMMERSION BLENDER

Whip up your favorite sauces, soups, and appetizers with this easy-to-use hand blender, which has an illuminated wand base plus six speeds, digital controls, and nylon/silicone to protect cookware from scratches. $90, *oxo.com*



09
HYDRO FLASK 21-OZ STANDARD MOUTH IN GREEN ZEN

This BPA-free water bottle guarantees cold drinks remain refreshingly cold up to 24 hours and your hot drinks maintain their temps up to six hours. $28, *hydroflask.com*

10
NINJA COFFEE BAR

Be your own barista with this sleek coffeemaker that gives you brewing options for smooth, rich coffee in a cup, carafe, or travel mug. Choose hot or iced, or make special brews to re-create yummy coffee-house drinks like lattes. $150, *ninjacoffeebar.com*



Tech



11
SCOSCHE SPORTCLIP AIR WIRELESS ADJUSTABLE EARBUDS WITH MIC & CONTROLS

For tangle-free beats, ditch the wires when you sweat it out with these ultralight and secure earbuds. $99, *scosche.com*

12
RED FOX ROVER WATERPROOF BLUETOOTH SPEAKER

Bring the noise with this portable, mountable speaker that also takes and makes calls and has dual-boom speakers for premium sound. $99, *redfoxwireless.com*







13 MICROSOFT UNIVERSAL FOLDABLE KEYBOARD

This Bluetooth keyboard can be synced with most iOS, Android, and Windows phones and tablets. With a razor-thin form factor, it flips open for a full-size, soft-touch workstation. $100, *microsoftstore.com*



14 JAWBONE UP4 FITNESS TRACKER

Everything you need in a beautiful fitness tracker—fitness logging, heart rate, sleep, food log, and smart coach—plus Tap to Pay with American Express. $200, *jawbone.com*

15 LIFEPROOF FRĒ & ARMBAND WITH QUICKMOUNT

The completely waterproof, dirt-proof, shock-proof phone case (for iPhone and Samsung) clips right onto the stay-dry armband. Its Quickmount system keeps your phone supersecure yet always ready for an instant selfie. No more removing the band from your arm to get that shot! Case: $80; Armband: $50; *lifeproof.com*



Travel



16 FITMARK TRANSPORTER TOTE

This bag brings versatility to a new level with room for your workout gear and prepped meals. It comes with two meal containers and ice packs to keep post-workout fuel handy and fresh. $110, *fitmarkbags.com*



17 SEA TO SUMMIT AEROS PREMIUM TRAVELLER PILLOW

Make the trip to see the in-laws or travel to competitions a little more bearable with this ultimate traveler's pillow that inflates and deflates in seconds and fits in a thumb-size bag. $43, *seatosummit.com*

18 SAMSONITE OMNI PC 20-INCH SPINNER

This ultralight (6.8 pounds), durable, and effortlessly mobile suitcase is a fit traveler's dream. It's expandable on all sides so you can pack exactly what you need and maybe a little extra. $130, *samsonite.com*



Fashion



19
J FITNESS ACTIVEWEAR WHITE HYPE MESH SIDE POCKET LEGGINGS

Bold is beautiful in these performance leggings with black mesh side pockets. Vavoom leggings are a fit girl's best friend. $60, *jfitactivewear.com*



20
ICEBREAKER FLEXI CHUTE MATRIX

This neck warmer keeps you comfortable in any season. Made of ultrasoft 100% merino wool, it's naturally antibacterial. $30, *icebreaker.com*



21
SAXX QUEST BOXER MODERN FLY

All performance underwear should look this good. The supersoft, sweat-wicking shorts have two cool-touch side panels surrounding the pouch, giving him support like nothing else. $30, *saxxunderwear.com*

22
KNIX WEAR EVOLUTION BRA & FITKNIX AIR BIKINI

Luxe-soft, seamless performance under-garments that look great and keep you dry and unrestricted no matter what you take on. Bra: $55; Bikini: $22; *knixwear.com*



23
ATHLETA ALPINE AIR VEST

Stay warm and look hot with this gorgeous wax-coated nylon and cotton vest, with down-free polyester-blend fill and removable faux fur trim. $148, *athleta.com*





24
STANCE FUSION RUN BOLT CREW SOCKS

Lightweight men's performance crew socks keep his feet dry and comfortable. Plus, Stance's array of unique designs helps him stay bold while he lifts strong. $18, *stance.com*

Fitness



25
GOLD'S GYM MASSAGE BAR
Work out the kinks in your muscles and reduce risk of injury with Gold Gym's 18-inch massage bar. Ideal for your pre- and post-workout routines. $15, *walmart.com*



26
SWEET-MAT YOGA MAT
With ¼-inch-thick cushioning for support and a light scent to guide you through your poses, you're set for namaste. Comes in Heavenly Lavender or Potent Peppermint. $80, *sweet-mat.com*



27
WAGS ULTRA TRAINING GLOVES
No other lifting gloves have more palm padding for extreme support to crank out burpees, pushups, and other high-volume exercises. Comes with integrated wrist strap. $55, *wristassuredgloves.com*



28
RX JUMP ROPE
Look sharp and customize your jump rope with a variety of handle and cable colors to make a jump rope that really shows your true colors! From $43, *rxsmartgear.com*

29
EVERLAST EVERGRIP 10-LB WEIGHTED VEST
Crush your conditioning and add weight, not bulk, to your next workout with this low-profile Everlast neoprene vest that won't get in the way. Built-in iron and sand weight, plus adjustable straps and textured panels, guarantee a stay-put fit. $50, *everlast.com*





30
HYPERWEAR SANDBELLS
The weight of these sandbells shift with your every move, making for a more effective, dynamic, and efficient workout. What's not to love? Choose from a variety of weights that best fit your workout plans. From $13, *hyperwear.com*



THE FIT CHICK'S GUIDE TO

HEALTHY HOLIDAY MEALS

Make the season easier and tastier than ever with these delicious, quick recipes that deliver tons of flavor with none of the guilt

PHOTOGRAPHS BY **MOYA MCALLISTER** | FOOD STYLING BY **DANA BONAGURA**

THE HOLIDAYS DON'T have to be synonymous with high-calorie fare that puts you into full-time cheat mode every time you sit down with friends or family. Our collection of new seasonal classics features hints of familiar holiday flavors without the guilt. "Healthy, fit women want holiday meals to be as colorful and nutritious as during the rest of the year," notes Tara Mardigan, M.S., R.D., a New York City–based dietitian and co-author of *Real Fit Kitchen.* Mardigan's recipes shown here are all nutrient-rich, simple to prepare, and packed with flavor without excess fat, sugar, or salt. By using creative seasonings and adding in a few indulgences, you'll feel like you're taking part in the celebrations without sacrificing all of your hard work—so you can greet the new year feeling and looking great!



FLANK STEAK STRIPS WITH SPICED HAZELNUTS

SWEET & SAVORY CRANBERRY CHUTNEY

CRIMSON CAULIFLOWER MASH

Reduce holiday prep stress by color coding your shopping list: Blue for foods you can make two days ahead, orange for one day ahead, and green for foods you'll make the day your guests come. More organization equals less last-minute stress!

ROASTED CHICKEN WITH HARISSA, TANGERINE & MINT



FLANK STEAK STRIPS WITH SPICED HAZELNUTS



MAPLE CHIA SWEET POTATO CHUNKS



SWEET & SAVORY CRANBERRY CHUTNEY

Flank Steak Strips with Spiced Hazelnuts over Lazy Beans

MAKES: 4 servings

INGREDIENTS

Steak

- ½ cup soy sauce or tamari sauce
- ¼ cup extra-virgin olive oil
- 3 tbsp red wine vinegar
- 2 tbsp minced ginger
- 2 garlic cloves, pressed or finely chopped
- 2 tbsp mustard
- 1 tbsp honey
- 2 tbsp chopped parsley, plus more for garnish
- 1½ pound flank steak
- 1 jalapeño pepper, sliced into rounds
- 1 small green onion, chopped
- Sea salt and pepper to taste

Hazelnuts

- 2 tbsp extra-virgin olive oil
- 2 tsp honey
- ½ tsp sea salt
- ¼ tsp cinnamon
- ¼ tsp Hungarian paprika
- ¾ cup shelled unsalted hazelnuts

Lazy Beans

- ¼ cup water
- 1 lb fresh haricots verts (small green beans), washed, rough ends trimmed
- Juice of 1 lemon
- ½ tsp sea salt

DIRECTIONS

1. Mix first 8 ingredients for steak in a bowl. Place mixture in a freezer bag, then add steak and seal. Coat well and let stand at room temperature for 30–60 minutes.

2. Meanwhile, prepare hazelnuts and beans. Preheat oven to 375°F. Mix oil, honey, salt, and spices in a small bowl. Add hazelnuts and toss to coat evenly. Spread nuts on a baking sheet in a single layer and roast for 10–12 minutes or until browned. Remove from oven; set aside.

3. Place water in a medium pan on medium heat. Add beans. Cook for about a minute. Add lemon juice and cook another minute. Remove from heat. Beans should be bright green and crunchy. Sprinkle salt on top.

4. Top steak with jalapeño and grill until cooked to desired doneness, about 6 minutes per side for medium-rare. Remove from heat; let sit for 5-10 minutes. Slice steak into thin strips. Garnish with hazelnuts, green onion, and fresh parsley. Serve with lazy beans.

PER SERVING

Steak and beans Calories: 532, Fat: 36.5g, Saturated fat: 11g, Carbs: 14g, Fiber: 2g, Protein: 37g **Hazelnuts** Calories: 230, Fat: 22g, Saturated fat: 2.5g, Carbs: 7g, Fiber: 3g, Protein: 4g

Maple Chia Sweet Potato Chunks

MAKES: 4 servings

INGREDIENTS

- 2 sweet potatoes, washed well, skin on, cut into small chunks
- 1½ tbsp coconut oil
- 1 tbsp pure maple syrup
- 1 tbsp chia seeds
- 2 tsp cinnamon
- 1 tbsp sea salt

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with foil and grease with a small amount of oil.

2. Place sweet potatoes in bowl. Add coconut oil, maple syrup, chia seeds, cinnamon, and salt.

3. Massage the mixture onto sweet potatoes to evenly coat.

4. Bake for 40 minutes or until the outsides are light brown and the insides are tender. Turn the chunks at 20 minutes.

PER SERVING

Calories: 134, Fat: 6g, Saturated fat: 5g, Carbs: 19g, Fiber: 4g, Protein: 2g

Sweet & Savory Cranberry Chutney

MAKES: 4 servings (2½–3 CUPS TOTAL)

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 leek, halved lengthwise, washed well, cut into thin slices, and rinsed again
- ½ tsp freshly ground cinnamon
- 1 thumbnail-size piece of fresh ginger, diced
- ½ tsp freshly ground ginger
- ¼ tsp ground nutmeg
- 1 large tart apple, cored and diced (peel only if desired)
- 2 cups of fresh frozen cranberries (if frozen, don't thaw)
- ½ cup pure maple syrup
- ¼ cup apple-cider vinegar
- ¼ cup brown sugar
- 5 tbsp water, divided
- 2 tbsp dried cherries, coarsely chopped (dried cranberries can be a substitute)
- 1 tbsp Dijon mustard
- ¾ tsp sea salt
- ¼ tsp ground black pepper

DIRECTIONS

1. In a medium saucepan, heat oil over low heat. Add leek, stirring on occasion for about 5 minutes. Stir in cinnamon, ginger, and nutmeg. Cook for 1–2 minutes.

2. Raise the heat to high; stir in remaining ingredients. Bring mixture to a boil and stir so ingredients are well mixed.

3. Reduce heat to simmer and cook mixture until cranberries are split and apple pieces are tender, 10–12 minutes. If mixture is too thick, add 1–2 tbsp water and stir.

4. Remove from heat. Chutney will thicken slightly as it cools. Taste for seasoning, adding more salt, pepper, maple syrup, ginger, nutmeg, or cinnamon as desired.

PER SERVING

Calories: 310, Fat: 7g, Saturated fat: 1g, Carbs: 61g, Fiber: 4g, Protein: 0g



CRIMSON CAULIFLOWER MASH



ROASTED CHICKEN WITH HARISSA, TANGERINE & MINT



BOSTONIAN BRUSSELS SPROUTS



SALMON WITH PEAS & LEEKS

Crimson Cauliflower Mash

MAKES: 4 servings

INGREDIENTS

- 1 cup water
- 1 cup chicken broth, divided
- 1 head cauliflower, cut into medium pieces
- 3 tbsp full-fat plain Skyr or Greek yogurt
- 1 tsp Hungarian paprika
- 1 lemon, juiced and zested
- 1 garlic clove
- ¼ cup sharp cheddar cheese, shredded (or Parmesan or Asiago)
- Sea salt and ground black pepper to taste
- 2 tbsp fresh thyme or chives, chopped and set aside for garnish

DIRECTIONS

1. In a medium saucepan, add water and half cup of chicken broth. Bring to boil. Add the cauliflower and cook for about 5–7 minutes, or until tender.
2. Drain well. Pat dry with a dish towel. Add hot cauliflower to a food processor or blender.
3. Add the remaining broth, yogurt, paprika, lemon juice, garlic, cheese, salt, and pepper. Puree until almost smooth. Add a little more water or chicken broth if a thinner consistency is desired. Pour into a serving bowl and top with thyme or chives and lemon zest.

PER SERVING

Calories: 80g, Fat: 3g, Saturated fat: 2g, Carbs: 9g, Fiber: 3.5g, Protein: 6g

Roasted Chicken with Harissa, Tangerine & Mint

MAKES: 4 servings

INGREDIENTS

- ¼ cup extra-virgin olive oil
- 2 tbsp white wine vinegar
- 1 tbsp honey
- 2 garlic cloves, crushed
- 2 tsp harissa
- ½ tsp allspice
- 2 large chicken breasts with skin on (or 4 smaller breasts, about 4 oz each)
- 1 tangerine, cut into slices, peel intact
- Sea salt and black pepper to taste
- 1 cup fresh mint leaves, chopped (save a few mint leaves for garnish)

DIRECTIONS

1. Preheat oven to 375°F. Mix oil, vinegar, honey, garlic, harissa, and allspice in a small bowl. Add mixture to freezer bag, then add the chicken breasts and seal the bag. Coat well and let stand at room temperature for 30–60 minutes, or marinade for a few hours or overnight in the refrigerator.
2. Add chicken to a roasting pan with tangerine slices on top and underneath. Roast the chicken for about 30 minutes or until cooked through with a glazed top and tender meat.
3. Remove from oven. Sprinkle breasts with salt, pepper, and chopped mint, plus some full leaves as garnish.

PER SERVING

Calories: 264, Fat: 17g, Saturated fat: 2.5g, Carbs: 7g, Fiber: 0.5g, Protein: 23g

Bostonian Brussels Sprouts

MAKES: 4 servings

INGREDIENTS

- 5 cups brussels sprouts, bottoms cut off, halved
- 2 cups sliced fresh pears, skin on, halved
- ¼ cup raw pecans
- 1 cup cranberries (fresh or frozen)
- Sea salt and black pepper to taste
- 3 tbsp extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with foil or grease with a small amount of oil.
2. Combine brussels sprouts, pears, pecans, cranberries, salt, and pepper on baking sheet. Drizzle with olive oil. Roast for 35–40 minutes.

PER SERVING

Calories: 253, Fat: 16g, Saturated fat: 2g, Carbs: 27g, Fiber: 8g, Protein: 9g

Salmon with Peas & Leeks

MAKES: 4 servings

INGREDIENTS

- 3 tbsp extra-virgin olive oil, divided
- 4 small leeks, washed, chopped (rugged green ends discarded)
- 2 cups peas, fresh or frozen
- Sea salt and black pepper to taste
- 4 wild-salmon fillets (4 oz each)
- 2 tbsp fresh basil, chopped, plus a few leaves for garnish
- ½ fresh lemon, sliced for garnish (optional)

DIRECTIONS

1. Heat 2 tbsp of olive oil in a large skillet on medium heat. Add leeks, peas, salt, and pepper and cook for 10 minutes.
2. In another pan, heat remaining olive oil. Season the salmon with salt and pepper and cook for 4 minutes, skin side down. Turn salmon over and cook another 3 minutes. Add basil to leek mixture.
3. To serve, put leeks and peas on a plate and place the salmon on top (or top the salmon with leeks and peas). Garnish with fresh basil and lemon slices.

PER SERVING

Calories: 364, Fat: 17g, Saturated fat: 3g, Carbs: 34g, Fiber: 9g, Protein: 32g

BOSTONIAN BRUSSELS SPROUTS

Pile your plate with healthy sides that feature an array of fiber-rich fruits and vegetables, along with a dollop of healthy fats. Then you can feel free to add on some more indulgent main dishes while still leaving room for some of your favorite holiday desserts!

SALMON WITH PEAS & LEEKS

GO ALL OUT
Explosive plyometric moves keep your heart rate soaring and your muscles burning, so you can get more done in less time.

20-MINUTE

FAT BLASTER

Even on days when you're pressed for time, this quick plyo routine will have you firing up calories, building muscle, and boosting your metabolism.

BY **ALYSSA SHAFFER**
PHOTOGRAPHS BY **JAMES FARRELL**

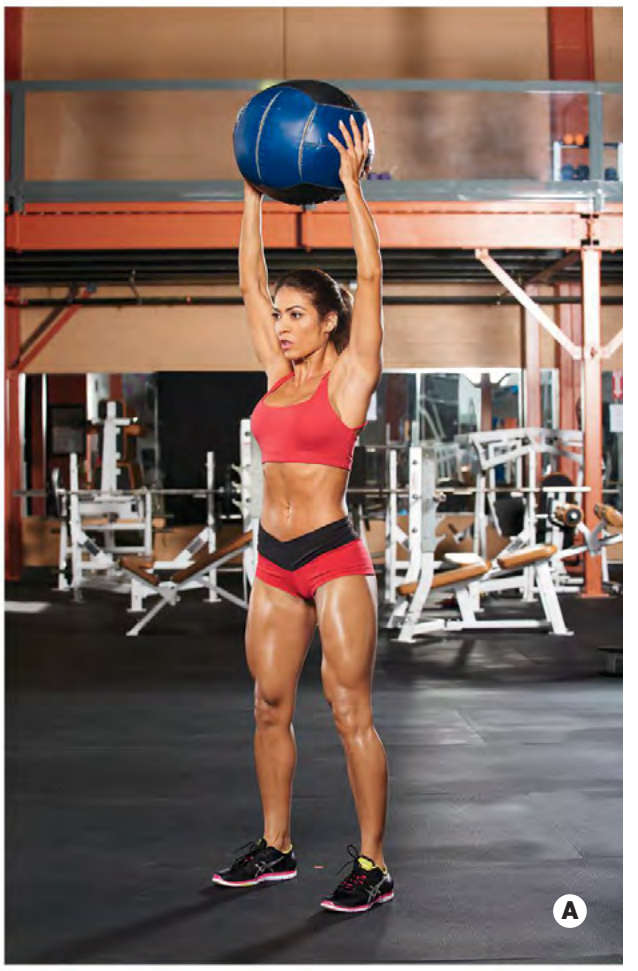
NO TIME FOR A FULL WORKOUT TODAY? Squeeze in this fast and furious fat blaster, designed to work every major muscle while burning mega calories. "Every move here is explosive—you're working different muscle groups in a variety of directions for optimum conditioning," explains New York–based trainer Holly Rilinger. Do each move for 30 seconds, resting as little as possible (up to 10 seconds) between each one. "Because you're rotating between lower body, upper body, and core moves you're already getting rest, so you can keep downtime to a minimum," adds Rilinger. Complete as many rounds as you can for 20 minutes. Team MuscleMeds and fitness model Muri Rodrigues shows us how it's done.

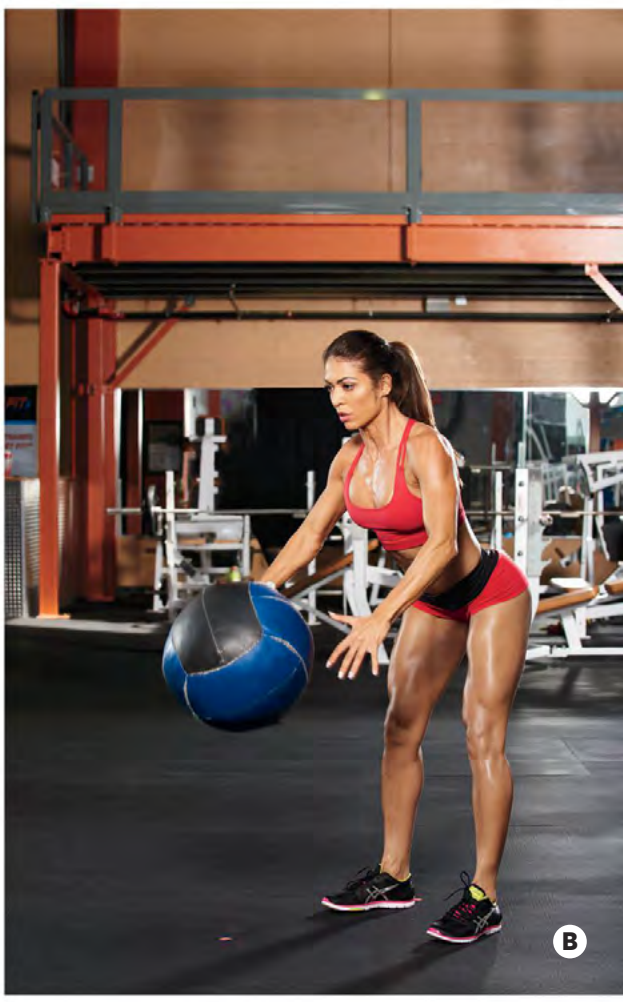


1. *SQUAT JUMP*

FOCUS: LOWER BODY

› Stand with feet hip-distance apart, elbows bent, with hands in front of body. Squat down, keeping weight over heels and hands forward **(A).**
› Using the strength of your lower body, push through your heels to explode off the floor, pushing hands behind you **(B).**
› Land softly in squat position. Repeat, continuing for 30 seconds.





2. *BALL SLAM*

FOCUS: UPPER BODY

› Stand with feet hip-distance apart, holding a medicine ball above head, arms close to body **(A).**
› Using your arms, back, chest, and core, throw the ball to the floor as powerfully as possible **(B).**
› Squat down to pick the ball up and repeat for 30 seconds.

Shot on location at Get Fit Health & Fitness, Fairfield, NJ

BUILD MORE LEAN MUSCLE
Plyometric moves target your Type 2 (fast-twitch) muscles, which produce more force and are most inclined to increase in size and shape. →





3. EXPLOSIVE CRUNCH
FOCUS: CORE

› Lie faceup on the floor with legs extended, feet flexed, and fingers reaching above your head, spine neutral **(A).**
› In one explosive movement, bend knees toward chest while reaching arms forward and lifting your torso, keeping hands in line with shoulders **(B).** Lower to start and repeat for 30 seconds.

4. BOX JUMP
FOCUS: LOWER BODY

› Stand in front of a plyo box (choose a size that is challenging but doable, from 12 to 30 inches), arms at sides, and knees slightly bent.
› Bend knees and jump onto the box, using arms for momentum and moving as powerfully as possible. Land on top of box with knees soft and arms at sides. Step or lightly jump back down and repeat for 30 seconds.

5. PLYO PUSHUP
FOCUS: UPPER BODY

› Begin in a full pushup position, hands on floor under shoulders, and legs extended behind you, keeping abs engaged and forming a straight line from head to heels.
› Lower down into a pushup, bringing chest toward floor and keeping the movement slow and controlled.
› As you straighten arms, push up explosively, bringing both hands off the floor. (To make it easier, do a modified pushup with knees on floor.) Continue for 30 seconds.



HAIR & MAKEUP BY CHRISTIE CAIOLA



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6. *LATERAL BOX JUMP TO BURPEE*

FOCUS: FULL BODY

› Stand to left side of a plyo box or low platform or bench, hands at sides, knees soft.
› Jump laterally across the box, landing with knees soft on the right side.
› Immediately do a burpee (not shown), bringing hands to floor as you jump both feet behind you. Jump feet back toward hands and stand up. Repeat, this time, jumping across the box to the left side and into another burpee. Continue for 30 seconds.



KEEP IT SAFE
Try not to lock out any of your joints when you land from a jumping movement. Always keep knees and elbows soft so they don't absorb too much of the impact.

8. *SPEED SKATER*

FOCUS: LOWER BODY

› Stand with feet hip-distance apart, arms at sides.
› Jump right foot to right side, bringing left foot diagonally behind you and crossing left arm in front of body, elbow bent about 90 degrees. Keep both knees slightly bent.
› Staying low, push off right foot as you step left foot to left side and cross right leg behind you, bringing right arm in front of you. Continue moving from side to side for 30 seconds.

7. *PLYO MOUNTAIN CLIMBER*

FOCUS: FULL BODY PLUS CORE

› Place hands at the edges of a plyo box or low platform or bench, extending legs behind you. Keep hands directly under shoulders and back flat.
› Bring right knee toward chest, then switch legs midair, bringing left knee forward and right leg back. Continue for 30 seconds, moving as quickly as possible.



OUR MODEL

Muri Rodrigues
Fitness model,
Member of Team MuscleMeds

Hometown: São Paulo, Brazil
Favorite body parts to train: Legs, glutes, abs

"TO BE FIT IS TO HAVE DISCIPLINE, FOCUS, AND DETERMINATION."



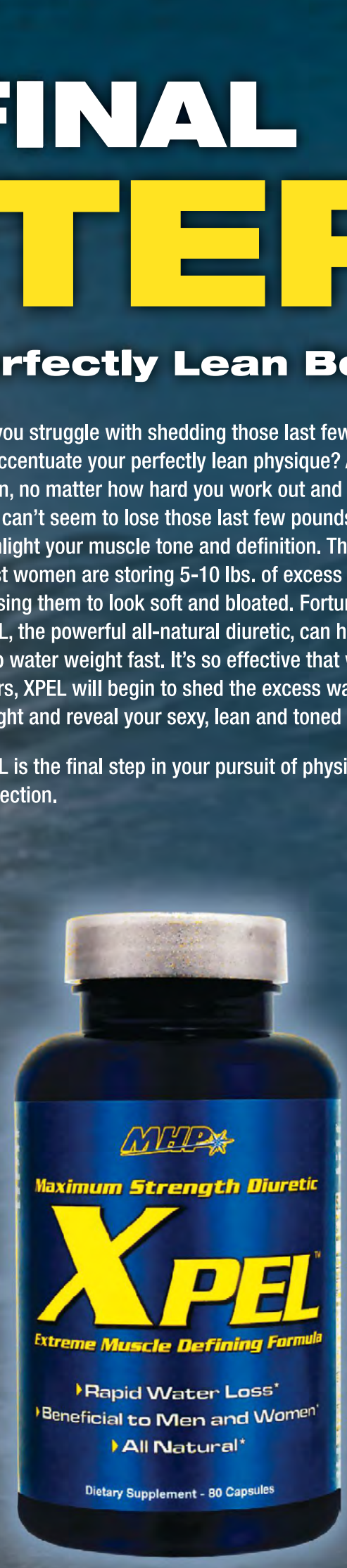
CLOTHING BY AFFINITY; SNEAKERS BY ASICS

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

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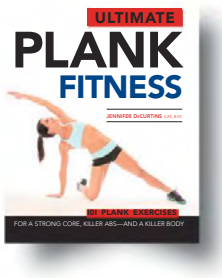


JOIN THE *HERS* 30-DAY PLANK CHALLENGE! TAG YOUR PHOTOS ON INSTAGRAM AND TWITTER WITH **#HERS30DAYPLANK**, AND WE'LL SHARE OUR FAVES IN THE JAN/FEB ISSUE OF *HERS*!

• **VERY FEW CORE WORKOUTS** are complete without adding at least one or two plank variations into the routine. If you're like most exercisers, you've already done your fair share of this foundational movement. "Planks offer a safe, challenging, and effective way to train both the core and many other muscles, including the shoulders, pectorals, biceps, triceps, glutes, quads, hamstrings, and more!" says Jennifer DeCurtins, a personal trainer, CrossFit coach, and yoga teacher based in Charlotte, NC.

To make the plank even better, add in movement, balancing elements, and weights. "In my mind, a plank is anything that includes a straight line from your shoulders to your knees," says DeCurtins, who put together 101 of her favorite variations of the move in her new book, *Ultimate Plank Fitness*. "Beyond that, you can think out of the box, since anytime you are holding a front, side, or reverse position you are working the core."

We borrowed our favorite moves from DeCurtins to create a *Hers* 30-Day Plank Challenge. Do a different plank each day for the next month and you'll not only notice a difference in how you move but also amplify the rest of your routine—and never be at a loss for a full-body workout again!



ICON: ANDREY VASILIEV

30-Day PLANK CHALLENGE



Build strength, reduce muscle imbalances, improve function, and sculpt a sexy six-pack in one month by adding a different plank to your routine each day

PHOTOGRAPHS BY **PER BERNAL**



DAY 1 | Full Plank

› Get into a full pushup position, palms on floor directly under shoulders and legs extended, forming a straight line from head to heels. Hold for 1 minute.



DAY 2 | Twisted Knee to Chest

› From full plank position, lift left foot, drawing left knee toward right triceps. Return to start and repeat, this time drawing right knee toward left triceps. Continue for 1 minute.



DAY 3 | Side Plank

› Lie on left side, hips stacked. Place left hand on floor under left shoulder. Lift hips, forming straight line from head to heels. Extend right arm above shoulder. Hold 30–60 seconds; switch sides.



DAY 4 | Forearm Plank

› Lie facedown on floor, legs extended. Place forearms on floor, with elbows directly under shoulders. Lift hips, forming a straight line from head to heels. Hold for 1 minute.



DAY 5 | Balancing Plank

› Begin in full plank position. Lift right arm forward to shoulder height; at the same time, lift left leg to hip height, keeping hips square to floor. Hold 30 seconds; switch sides and repeat.



DAY 6 | One-arm Full Plank

› Begin in full plank position. Shift weight slightly to right side and place left hand behind back. Press firmly through right hand, keeping hips and shoulders square to floor. Hold 30 seconds; switch sides.

FUNCTION FOLLOWS FORM

Maintaining proper form is especially key when holding any plank position. "When you are no longer able to maintain a perfect plank, modify the move or take a break," says DeCurtins. Keep the following advice in mind throughout your 30-Day Plank Challenge:

• Keep your core tight while firing through your quads and chest to make the hold easier. • Hands or elbows should be under shoulders in full or forearm planks with hips square to the floor. • For side planks, keep hips and legs stacked and palm or elbow under shoulder.





DAY 7 | Hip Dip

› Lie on right side, hips and legs stacked. Place right forearm on floor perpendicular to body, right elbow under shoulder. Lift hips, forming straight line from head to heels as you raise left arm above shoulder **(A).** Dip hips down, touching hips briefly to floor; at the same time, bring left hand in front of body **(B).** Lift hips and left arm back to start and repeat. Continue for 30 seconds; switch sides and repeat.



DAY 8 | Plank-up

› Get into a full plank. Bring right elbow to floor under shoulder, then left elbow to floor (so you're now in a forearm plank). Then straighten right arm followed by left to return to full plank. Repeat for 30 seconds, then switch the lead arm.



DAY 9 | Donkey Kick

› Begin on all fours. Lift left foot, bending left knee 90 degrees at hip height, foot flexed so heel faces ceiling. Press foot up a few inches, then lower back until knees are aligned. Continue for 30 seconds; switch sides and repeat.



DAY 10 | Tree Plank

› Lie on left side, hips and legs stacked. Place left hand on floor below left shoulder. Lift body off floor, forming straight line from head to heels. Place sole of right foot on left thigh or shin. Hold 30–60 seconds; switch sides.



DAY 11 | Plank Jack

› Begin in full plank, hands on floor under shoulders. Bring feet together to touch, then jump feet out to sides, as if doing a jumping jack with your lower body. Jump feet back together, keeping upper body as still as possible. Continue for 1 minute.

HAIR & MAKEUP BY KITTY JANETTE NIELSEN



DAY 12 | Star Side Plank

› Lie on right side, hips and legs stacked. Place right hand on floor below shoulder and lift hips. Bend left knee. Hold position (as shown) or straighten leg, grasping toes. Hold 30–60 seconds; switch sides.



DAY 13 | Dolphin Plank Pushup

› Begin in forearm plank. Walk feet as close to elbows as possible, lifting hips toward ceiling. This is your start. Lower chest and head in front of hands, then lift hips back to start. Repeat for 1 minute.



DAY 14 | Reverse Plank

› Sit with legs extended in front of you, palms on floor under shoulders, fingers facing body. Pressing into palms and feet, lift hips, forming a straight line from shoulders to feet. Hold for 1 minute.



DAY 15 | Rolling Side Plank

› Lie on right side, hips and legs stacked, right forearm on floor. Place left hand behind head, elbow out to side. Lift hips off floor. Slowly lower left elbow toward right hand. Return to start and repeat for 30 seconds; switch sides.



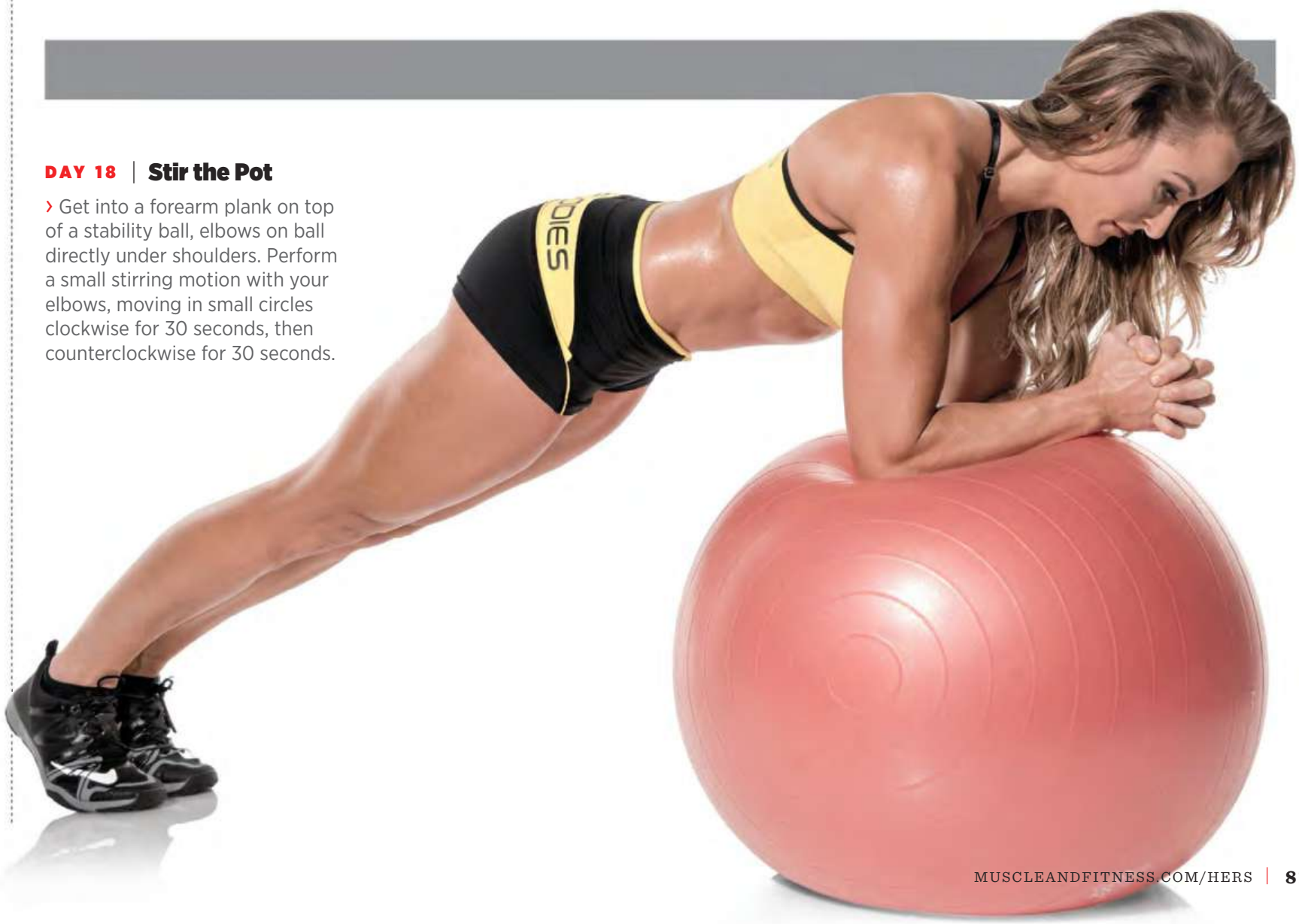
DAY 16 | Full Plank on Ball

› Begin in a full plank but this time place both hands on either side of a stability ball, forming a straight line from head to heels. Keep abs tight while squeezing through your chest and quads. Hold for 1 minute.



DAY 17 | Med Ball Leg Lift

› Begin in full plank, this time placing palms on either side of a medicine ball. Keeping body straight and hips square to floor, lift left leg to hip height, squeezing through chest and abs. Hold for 30 seconds; switch legs and repeat.



DAY 18 | Stir the Pot

› Get into a forearm plank on top of a stability ball, elbows on ball directly under shoulders. Perform a small stirring motion with your elbows, moving in small circles clockwise for 30 seconds, then counterclockwise for 30 seconds.

TOPS & BOTTOMS BY BETTER BODIES; SNEAKERS BY NIKE



DAY 19 | Bosu Plank

Get into a full plank position, holding handles of a Bosu with the ball side on the floor. Keep hands under shoulders and maintain a straight body position from head to heels. Hold 1 minute.



DAY 20 | Knee Tuck

› Begin in a full plank, legs extended with shins atop stability ball. Draw knees into chest, contracting abs; straighten legs back to start. Repeat for 1 minute.



DAY 21 | Rolling Med Ball Plank

› Begin in full plank, feet hip distance or slightly wider apart. Place left hand on a medicine ball, keeping right hand on floor. Pass ball from left hand to right, then back to left. Continue for 1 minute.

A



B



DAY 22 | Dumbbell Punch

› Begin in full plank position, hands on floor under shoulders, holding light to medium dumbbells. Keep feet wider than hip-width apart to help maintain support. Lift dumbbell up to shoulder height with left hand, elbow out to side **(A),** then punch straight in front of you, knuckles facing ceiling and biceps near left ear **(B).** Lower and repeat for 30 seconds; then switch sides and repeat with opposite arm for 30 seconds.



DAY 23 | Triceps Row/Kickback

› Begin in full plank, hands on floor under shoulders holding light to medium dumbbells. Row left elbow toward ribs, then straighten arm behind you. Bend elbow and lower weight to floor. Continue for 30 seconds; switch sides and repeat.

DAY 24 | Plank Push and Pull

› Begin in forearm plank with a weight plate in front of you. Push plate a few inches forward with right hand, then pull it back toward body. Continue for 30 seconds; switch hands and repeat, this time pushing and pulling with left hand.



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DAY 25 | Mountain Climber Pushup

› Begin in full plank. Draw right knee to right elbow while lowering into pushup. Press up and lower right leg to plank. Repeat on left side; continue for 1 minute.



DAY 26 | Frog Jump

Begin in full plank. Bend knees slightly and jump feet to the outside of your hands, coming into a deep squat. Jump back to full plank position, landing with elbows slightly bent. Repeat for 1 minute.



DAY 27 | Forearm Hip Abduction/Adduction

› Begin in forearm plank with balls of feet on gliding discs. Slide feet out to wider than shoulder distance, then back toward each other. Continue for 1 minute.

PERSONALIZE YOUR CHALLENGE

We suggest doing the planks in this series for one minute, but you can make it shorter or longer depending on your fitness level and experience. Here's how else you can modify:

To make it easier

• Do full or forearm planks on knees. • For front planks, keep feet wider apart. • For side planks, stagger legs or keep one knee down. • Add support by placing stability ball against a wall or by using the platform side down on a Bosu.

To make it harder

• Use the least stable surface during balancing moves (like the ball side down on a Bosu). • Lengthen the amount of time for each plank or add more reps.

A



B



DAY 28 | Gliding Disc Slide-through

› Sit on floor with legs extended, heels on the center of two gliding discs. Place hands on floor next to body, directly under shoulders, fingers facing butt. Press into palms and feet to lift hips, forming a straight line from shoulders to feet **(A).** Dip hips down and pull your butt back between your hands **(B).** Then lift hips while pressing into palms to extend legs forward while lifting hips. Repeat for 1 minute.



DAY 29 | Bosu and Ball Plank

› Get into full plank holding the edges of a Bosu with ball side down and shins on top of a stability ball. Keep wrists under shoulders and abs tight. (To make it easier, bring stability ball closer to knees and thighs.) Hold for 1 minute.



DAY 30 | Med Ball and Bosu

› Get into full plank, with hands on either side of a medicine ball and toes at the center of a Bosu (ball side down to make it harder, ball side up to make it easier). Hold for 1 minute.

OUR MODEL

Melissa Le Man

WBFF Fitness Pro

Hometown: Queensland, Australia
Occupation: Fitness model; co-founder, Greater Health
Instagram: @melissa_leman

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■ **A few key supplements can help your body perform at its best and keep you healthy.**

JOHN BLOCK/GETTY IMAGES

THE BEGINNER'S ESSENTIAL SUPPLEMENTS GUIDE

Confused about which supplements can help you shed fat, increase performance, and feel healthier? We take a look at a few fundamentals that every fit woman should include in her stockpile.

BY **TIM N. ZIEGENFUSS, PH.D.**

It's easy to feel overwhelmed in a supplement store—with all those pills, powders, and potions, how can you separate help from hype? As an exercise physiologist and sports nutritionist, I can tell you that in addition to exercising and eating right, a few key supplements can boost how you look and feel. Here's where to start.

SUPPLEMENT:

Multivitamins

A great multivitamin/mineral complex should be the cornerstone of your nutritional plan. As a scientist, I always recommend foods first, but frankly no one is perfect, and the primary purpose of a multi is to fill the nutritional gaps in your diet of foods that you should be eating but aren't.

A solid multi provides the most critical vitamins and minerals your body needs in optimal forms. The most important components include: vitamin A (my preference is for the beta-carotene and mixed carotenoids), the B vitamins, vitamin D (always look for the naturally occurring D3 form rather than the less potent D2 version), vitamin E (the tocopherol and tocotrienol forms are particularly important), vitamin C (look for the ascorbate form), vitamin K (those with cardiovascular and/or bone health concerns should consider taking the K2 form), calcium (the citrate form is my personal favorite), zinc, selenium, chromium, iodine, manganese, and molybdenum. Note: A good multi isn't cheap—you get what you pay for.

Exercise research has shown that women who train intensely lose many critical vitamins and minerals, including B vitamins, vitamin C, chromium, selenium, zinc, iron, and magnesium. This primarily occurs through vitamin and mineral loss in sweat and urine, as well as increased uptake for energy production during exercise and recovery.

KEEP IN MIND: Choose a multi that provides less than 50% of the recommended daily amount in one capsule or tablet, then take one capsule or tablet with each of your two largest meals. Unless you have a specific health condition that mandates mega-doses of specific vitamins/minerals, don't overdo it! Recent research has shown that high doses of some antioxidant vitamins can actually interfere with training adaptations.

SUPP SHOPPING GUIDE

A few of our favorite products to keep you fit and healthy:

MULTIVITAMINS/ MINERALS



SNAC Multi-Vitamin



NLA for Her Multi



GNC Women's Ultra Mega Active



Jamie Eason Signature Series Lean Body for Her Food-Based Multi-Vitamin

SUPPLEMENT:

Protein Powders

Protein powders are one of the biggest segments of the supplement market. And there's no shortage of options available. Animal-derived proteins such as whey, casein, and egg, as well as goat, beef, and fish, are extremely popular. But there's also a healthy selection of vegetable-based proteins, such as rice, hemp, soy, and pea. You can even try hydrolysates, which are predigested whey and casein peptides.

Which powder to choose often comes down to personal preference and individual needs, but my favorite is whey protein isolate (WPI). It's made from the water-soluble portion of milk that's been processed and filtered to remove lactose, cholesterol, and fat and is preferred by many consumers who are lactose intolerant and/or have problems digesting protein powders. WPI is typically very high in protein content (usually 90% or more) in comparison with other forms, which can range from only 10–50% protein. It's also high in L-cysteine and all nine essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine). L-cysteine helps regulate blood sugar, decreases blood vessel inflammation, and reduces exercise-induced oxidative stress.

Other important ingredients to look for in your protein powders are branched-chain amino acids, aka BCAAs, which include leucine, isoleucine, and valine. BCAAs can help reduce muscle soreness and speed recovery from intense training. Leucine is the most important amino acid to athletes, as it can increase muscle protein synthesis all by itself. Make sure your protein powder has a minimum of 2.5 grams of leucine in it.

KEEP IN MIND: Whey protein is absorbed and digested very quickly, causing sharp increases in blood levels of amino acids. Use it in the morning or post-workout. The rapid delivery of amino acids to muscle can quickly reverse the catabolic effects of resistance exercise, helping immediately boost muscle recovery after training. When you mix whey protein with heart-healthy fats, high-fiber foods, or casein (another milk-based protein), you'll slow down digestion, helping you feel fuller, longer. For a muscle-building, between-meal snack, try whey protein blended with a tablespoon of natural peanut butter and a handful of mixed berries.

SUPPLEMENT:

Fat Burners

There's no shortage of products that pledge to help you burn more fat at a faster rate. But despite the hype, only a handful of ingredients have solid scientific evidence demonstrating a boost in metabolic rate, enhanced lipolysis (fat breakdown), and actual increases in fat oxidation (burning). On the list:

• ***7-keto DHEA*** This is a derivative of DHEA, but unlike the naturally occurring hormone it does not convert into testosterone or estrogen. Research has shown 7-keto supplementation may increase metabolic rate during dieting. Dosage: 100–200mg/day.

• ***Capsaicinoids*** The molecules that give chili peppers their heat are also proven fat burners and metabolic boosters, according to numerous research studies. Dosage: 3–6mg/day.

• ***Green tea extract*** Green tea is a natural fat burner, and an extract called EGCG may be particularly potent. It works best if you're not also consuming caffeine on a regular basis. Dosage: 270mg/day standardized with EGCG.

• ***Yerba mate*** This has long been used to help suppress appetite and burn fat. It usually contains caffeine. Dosage: 1,000mg/day.

• ***Advantra Z*** This branded ingredient, derived from immature bitter oranges, may have some applications as a safe thermogenic aid. Dosage: 100mg/day of p-synephrine (the active component in Advantra Z).

• ***TeaCrine*** Another branded ingredient and is a more recent newcomer to energy-boosting and weight-loss supplementation. Preliminary studies in humans have been positive, and unlike other stimulants, it doesn't lose its strength or effectiveness during eight weeks of continuous use. Dosage: 100–200mg/day.

KEEP IN MIND: When it comes to fat-loss supplements, results vary widely among individuals, so don't be discouraged if one of these ingredients leaves you hanging. Typically, combining several ingredients with different mechanisms of action (i.e., in a finished, research-proven formula) works best.

PROTEIN POWDERS



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SUPPLEMENT:

Turmeric Extract

Also known as curcumin, this yellow spice is a member of the ginger family and has been used as a spice and in traditional medicine for centuries. It has both anti-inflammatory and pain-reduction properties and is also a powerful antioxidant that promotes brain health, and may help protect against certain cancers, particularly breast, prostate, and colorectal cancer. In the past 15 years almost 7,000 scientific papers have been published on the therapeutic properties of turmeric and curcumin.

KEEP IN MIND: To maximize bioavailability and disease-prevention effects, I recommend using Longvida, Super Bio-Curcumin (BCM-95), or Curcumin Phytosome (Meriva), as these forms of curcumin have been researched in humans. The typical effective dosage for curcumin is from 500–4,000mg per day.

SUPPLEMENT:

Vitamin D

The vast majority of multivitamins don't contain anywhere near "optimal" amounts of vitamin D, so it may be prudent to take a little extra, especially in the winter months. Vitamin D functions as a steroid hormone precursor—which means that without enough vitamin D, your body cannot produce optimal amounts of estrogen or progesterone. Vitamin D is most well known in medical circles for its beneficial effects on bone health, blood sugar control, immune function, cardiovascular health, and cognitive function, helping to fight depression and reduce stress. In fact, recent research has shown that vitamin D affects more than 2,000 genes in the body, including several in muscles that help promote a lean, sculpted physique.

KEEP IN MIND: Many of us are downright deficient in vitamin D, or at least have suboptimal levels. This is especially true if you have dark skin tone, use a lot of sunscreen, and/or live in the northern part of the country. Most multis provide only 600–800 IU of vitamin D, but ideally you should be getting about 2,000 IU per day. Since D is a fat-soluble vitamin, try to take it with a meal that contains some fat so that the body can absorb it properly.

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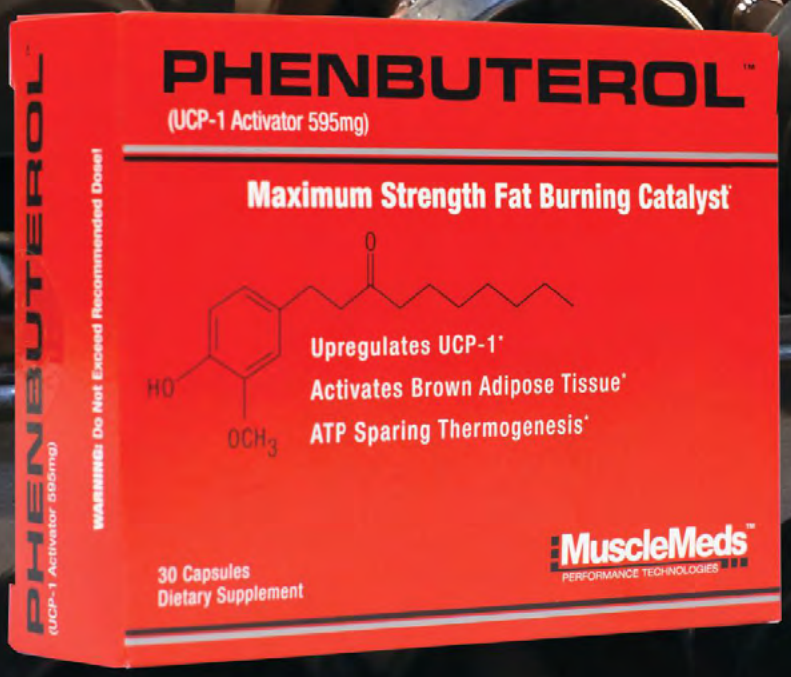
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DR. TIM ZIEGENFUSS IS THE CEO OF THE CENTER FOR APPLIED HEALTH SCIENCES AND FORMER PRESIDENT OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION (ISSN).

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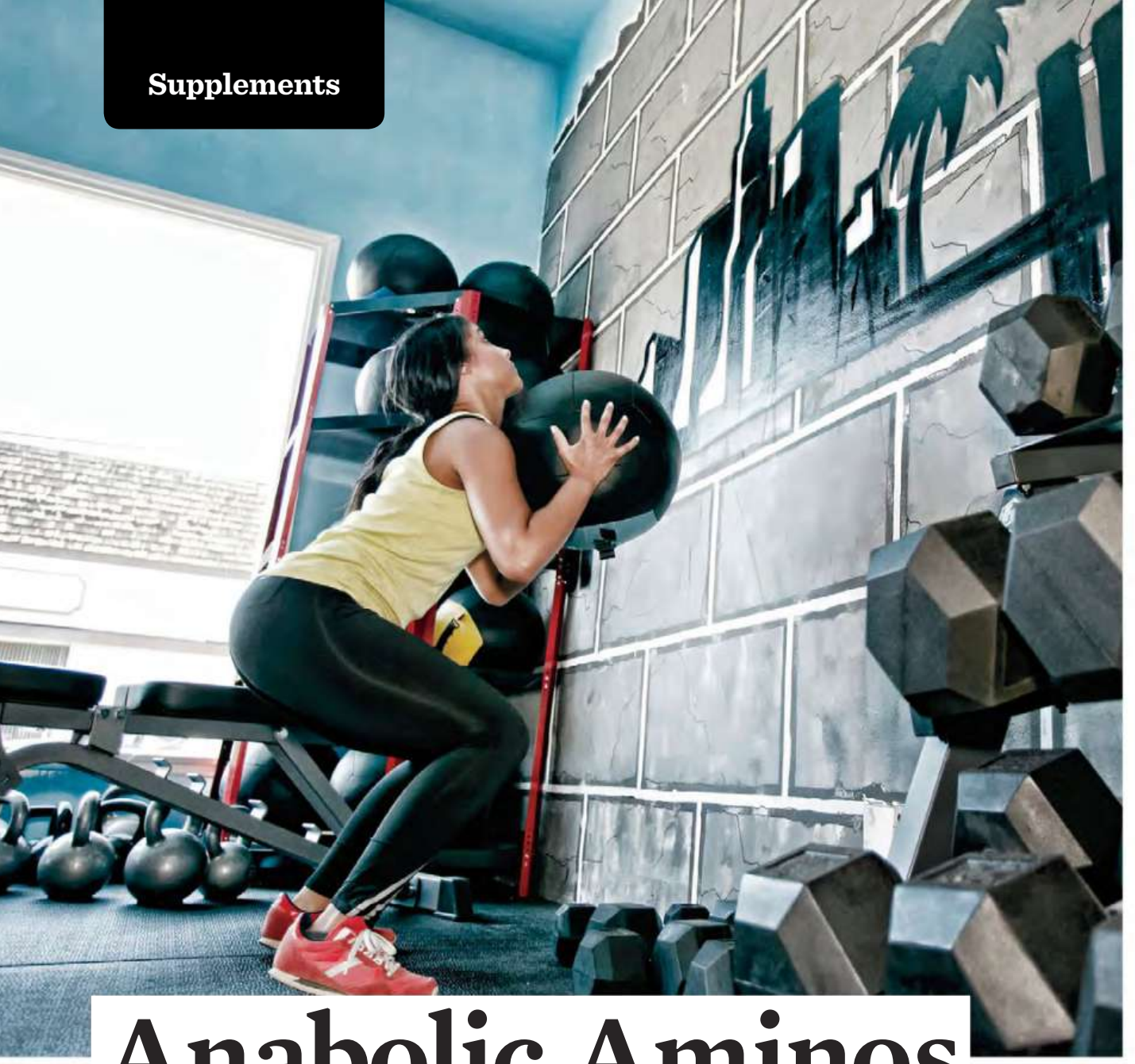
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Anabolic Aminos

Keeping your body in a muscle-building state allows you to sculpt more effectively and hit the gym even harder the next day. Pick up these supps to keep your body anabolic and avoid a catabolic catastrophe.

BY **RAZVAN RADU**

• **THERE ARE** two states that our muscles can be in: anabolic or catabolic. Anabolic means that the body is building muscle, while a catabolic state means the opposite, when muscle tissue is instead being broken down rather than being built. The best thing we can do to speed up recovery and preserve muscle is to keep our anabolic switches turned on throughout the day so our bodies avoid muscle breakdown.

One way to do this is through branched-chain amino acid (BCAA) supplementation. A constant stream of leucine-rich amino acids provides muscles with their essential building blocks, resulting in increased muscle protein synthesis, reduced breakdown of muscle tissue, and a greater workout intensity.

Combining BCAAs with antioxidants, anti-inflammatories, and other amino acids speeds up recovery to an even greater extent. Here are three key supps to further boost recovery and muscle maintenance.



ALL IN ONE

ISOPURE AMINOS has everything you need to stay on the path to recovery. The 10-calorie amino acid supplement combines 5g of BCAAs with 700mg of tart cherry, 100mg of L-theanine, and 30mg of vitamin C to help with full-body recovery.

HEAD-TO-TOE RECOVERY



1 Tart Cherry Extract
Sour cherry is a relatively new supplement to the industry that really packs a punch. It has been shown to act as an anti-inflammatory agent, reducing muscle soreness after training. Along with curbing muscle soreness, tart cherry may also provide support for healthy joints and promote better sleep.



2 L-Theanine
The tea-derived amino acid helps relax your mind from the pileup of daily stressors by taking some pressure off the cardiovascular system. This is key in achieving a fully recovered nervous system to get your muscles totally firing before your next workout.



3 Vitamin C
Vitamin C plays an important role in growth and development. The vitamin is used to rebuild body tissue and reduce levels of cell-damaging free radicals that are created during exercise. Maintaining a constant supply of vitamin C will help keep unnecessary waste at bay while enhancing recovery.

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28 SOUTH FLORIDA BODYBUILDING, FIGURE, BIKINI, PHYSIQUE* *Miami, FL. Contact Sergio Pacheco, Pacheco's Physique Gym, (305) 301-1314, pachecozoneman @gmail.com.*

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January

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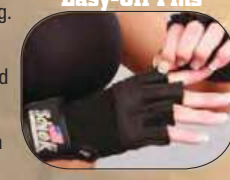
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